

FLORIDA HEALTH NOTES

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FLORIDA HEALTH NOTES

OFFICIAL BULLETIN OF THE STATE BOARD OF HEALTH.

Published Monthly at the Office of the Board, Jacksonville, Fla.

SUBSCRIPTION, TWENTY-FIVE CENTS PER ANNUM. Sent free to all County and City Boards of Health in the State and to all State Boards of Health.

Vol. 1.

JULY, 1892.

No. 1.

MEMBERS OF THE STATE BOARD OF HEALTH.

HON. WM. B. HENDERSON, *President*Tampa, Fla.
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Office of the Board, Jacksonville, Florida.

All communications should be addressed to the Secretary of the Board, whose official address is, Jacksonville, Fla.

Greeting.

In presenting this little pamphlet monthly to the public of Florida, the hope is expressed that it may be the means of stimulating an interest in sanitary matters, not only with the masses, but that it will arouse those who are charged with the protection of the public health in the counties to active measures. Our aim will be to concisely and accurately "note" all information coming to the office of the Board by reports, or through communications with individuals, respecting the health of the several localities, and by this method to inform the public each month of the exact health condition of the State. To accomplish this cherished purpose we must have the support of every one interested in having Florida demonstrated by actual facts and statistics to be the healthiest State in the Union—that support that can be mainly manifested in furnishing accurate statistical reports—short

communications on sanitary subjects, and suggestions as to how disease may be averted and health preserved. We desire to show by figures and facts—what we have claimed for years—that Florida has an exceedingly low death rate, and that certain sections of the State are particularly adapted to the treatment of certain organic diseases, by peculiarity of climate and hygienic environments. From the medical profession of the State we bespeak encouragement and active support, by contributions of short articles on matters hygienic and sanitary, and by suggestions and advice, which latter will *always* be thankfully received.

THE SECRETARY.

Everybody's Medical Duty.

Herodotus tells us that the Babylonians had no physicians, that when any one was sick he was carried into the streets and placed where the greatest number of passers-by could see him; everybody was bound to stop and consider the case, and if an individual pause who had suffered in what seemed to him a similar manner he was compelled to explain the method of his cure. There is no necessity for this sort of thing now, although a large section of the public enjoys nothing more than suggesting remedies for all sorts of complaints and dapping general in a little physic. But there never was a time in the history of civilization when there was greater need that everybody should recognize the fact

that he owes a medical duty to his neighbor which he is bound to perform.

Dr. George Gould recently delivered an address in Philadelphia on the subject "Everybody's Medical Duty," in the course of which he bitterly complained of the way in which the public at large leaves the medical profession to struggle under its Atlantean world of deputed responsibility. The indifference, the want of sympathy, to say nothing of the actual opposition experienced by those whose work it is to contend against disease is as discouraging to our profession as it is disgraceful to our age of science. Up to now the work of the physician has been the cure of sick persons. Now it has largely become the prevention of sickness. Patients will co-operate more or less in the work of being healed of their diseases, and are not wholly ungrateful to the healer, but those who are in daily danger of becoming patients will do little or nothing to assist the men who are fighting to keep disease from their doors. They laugh at bacteria and mock at microbes; carry the germs of disease in their clothes from house to house; sweep up the dust of the streets in their trailing skirts; take little or no pains to disinfect the excreta from such infectious cases as occur in their own homes; oppose with all their influence the erection of hospitals for infectious diseases in their midst, careless as to what becomes of the patients so long as they pass not by their own doors; impede the efforts of medical officers of health and inspectors of meat and other food to improve the hygienic conditions of our towns and the quality of the food we consume; disregard the authoritative condemnation of the corset; and in a multitude of ways help to make the work of the modern physician as hard as possible. Chaldea and Babylon could have taught us this, at least, that everybody is bound to help the State to the utmost of his power in the battle against disease and death—*British Medical Journal*.

"IGNORANCE of the laws of health has conscripted more people for the grave than all the battle fields of the world."

Vital Statistics.

An intelligent compilation of the phenomena of human life contained in a birth, marriage and death enumeration, with the causes of death, constitutes a health history as well as a politico-economic history of a community or State, which will appeal to the careful consideration and study of an intelligent public, both at home and abroad, and will be an invitation to a class of immigrants whose reasoning powers would dictate a search for such special information as regards healthfulness, from a study of these statistics.

Florida invites immigration, and in order to draw a desirable class from outside of the State, clear, reliable and intelligent statistical data is required, and when obtained will be a sure guide to attract the best class of immigrants. This class we invite by our genial climate and by the varied sources of industry and wealth now opening up, but if we would hold out inducements to the dweller of the extreme North or the inhabitants of the Middle States to adopt Florida as a home, it is but just that the fullest evidence of its highest degree of healthfulness is furnished, as well as other information dealing with sanitary matters. It may be said that the State Board of Health is the best immigration bureau for inviting the best material the State can have.

From the study of the birth and death rate of a State or community, the thoughtful student deduces the increase or decrease of the population, with the death rate at certain ages, of the sexes and races, and from these deductions ascertains the causes that operate to shorten life and how possibly to avoid them. From carefully collected statistics covering the deductions of years, tables of life expectancy have been framed, which form the basis of all life insurance. A very important work of the State Board of Health is the collection of vital statistics. (*Extract from State Health Officer Porter's third Annual Report to State Board of Health.*)

Florida Physicians.

The little pamphlet issued by the State Board of Health "A Catalogue of the Licensed Physicians of Florida," revised to August 1st, 1892, is now ready and may be had on application. This catalogue contains the names of 561 of the medical profession in Florida. According to the *Medical Register* Connecticut with a population of 746,258 has 611 physicians, while Florida with but half that population has 561. What a leavening power! Florida will be found in the front rank if her physicians will but endeavor to educate the people with whom they come in contact in the principles of hygiene and sanitation.

"I believe it to be the duty of every physician in the State cheerfully and promptly to comply with every reasonable requirement of the State Board of Health, and I am sure the Board will make no unreasonable requests of us. Surely no member of the profession will refuse or neglect to give, upon the first of every month, the ten or fifteen minutes required to fill out the blanks furnished by the State Board of Health for collecting the vital statistics, a matter, the importance of which must be apparent to every one. I am convinced that a correct compilation of the vital statistics of the State would, notwithstanding the great influx of invalids, show as small a death rate as any State in the Union, and that instead of being the malarial infected and fever-ridden section that many regard it, our fair State would be shown to be a fit place for the world's sanitarium."—*Dr. R. A. Lancaster of Gainesville, before the Florida Medical Association, April, 1890.*

Tortugas Quarantine Station—National.

The brig "Caspian" for Apalachicola, Fla., five days from Havana, arrived off the U. S. Quarantine Station at Dry Tortugas on the evening of July 25th. On the 26th the vessel entered the harbor and was treated to preliminary fumigation. On the evening of the 27th the surgeon of the Station reports the captain died of "heart failure."

On the 28th a seaman was discovered sick with yellow fever. This case was seen by the State Health Officer of Florida and the diagnosis of Passed Assistant Surgeon H. D. Geddings, U. S. M. H. S., commanding this station, was concurred in. The "Caspian" was ashore three days at the Marquesas on her passage from Havana, and was assisted in getting off by fishing smacks. Touching off Key West she was directed to Tortugas by Health Officer Sweeting of the Monroe County Board of Health. The brig had ballast, which the State Health Officer of Florida has requested the officer commanding at Tortugas, to have discharged and clean ballast of sand substituted before given pratique. The vessel will undergo thorough fumigation and disinfection and not be relieved until ample time has elapsed for observation of crew after disinfection.

Consumption.

"As a measure of precaution against the dangers to which Berlin was exposed last winter through the influx of tuberculous visitors, the police authorities, acting in concert with the municipality, issued an order by which all cases of tuberculosis of whatever kind occurring in hotels, boarding houses, furnished lodgings, etc., were to be classed among the infectious diseases, the heads of such establishments were obliged to take the usual precautions as to disinfection, and medical practitioners were obliged to give notice of such cases to the Board of Health."

Vaccination.

Small pox is said to be raging violently at Saratoff, in Russia, in which country vaccination is not compulsory. In one village alone 400 children are reported to have died within the last ten days.—*Annals of Hygiene, August, 1892.*

Quarantine Steamer "Missoe."

The State Quarantine Steamer "Missoe" traveled 865 miles in patrolling the west coast of Florida, and in attendance on the Mullet Key and Boca Grande Quarantine Stations, during month of July.

Notelets.

VIRGINIA and Georgia are the only two States on the Atlantic coast without State Boards of Health.

JEFFERSON, Levy and Lake counties are numbered in those making statistical returns this month. It is to be hoped they will be found there continuously in the future.

THE Governor has addressed communications to the County Commissioners of those counties without Boards of Health urging them to make recommendations for appointments.

ACCORDING to the immigration laws of the United States, consumption is classed as a "dangerous and contagious disease" and immigrants suffering from it are ordered to be returned to the ports from whence they came.

RELIABLE Vaccine Virus can be had at the office of the State Board of Health by applying for it. The virus is supplied to this office at sixty dollars per thousand points; and will be furnished at this rate upon application. Not less than ten points sold.

"THE greatest function of the State would seem to be to provide the means for the education of its wards, the people, to the proper observance of the laws of sanitation, without the scientific application of which untold suffering, direful disaster, and premature death must be the inevitable consequence."

"CHOLERA and yellow fever are indeed to be dreaded but can it be said that they are more formidable or important causes of death than many of the infectious diseases which are indigenous to our soil? Let the statistical records of diphtheria, typhoid and scarlet fevers, and last, and greatest, consumption, furnish the answer."

THE July report from the State Insane Asylum shows an increase of six during that month, making the number of inmates for July 279; 150 white, and 129 colored. Four deaths are reported—from apoplexy,

bright's disease, general debility and atrophy of the liver. Thirty-three of the occupants were sick during the month.

"THERE is no more truthful saying than the oft repeated maxim 'Public Health is Public Wealth;' and in all the studies connected with political economy the preservation of life must of necessity, be an important factor. Health and wealth are reciprocal terms. Give health to a nation, state or municipality, and wealth and general prosperity will be the natural consequence. It has been conclusively shown, by statistical observation, that human life has a distinctly calculable financial value, and the material profit to the public weal of properly observed sanitary laws may thereby be accurately and instructively estimated."

THE commissioners of one of the western counties refuse to recommend suitable persons to the Governor to constitute a County Board of Health, deeming such an organization a needless expense; despite the fact that their opinion is opposed to the thought of the age, the sanitarians who have agitated the measure in this State and their own legislators, who after mature deliberation enacted this law, which they refuse to comply with. What an example! They have, however, been kind enough, and have recognized the necessity so far as to agree to act as health officials in their respective sections and to make monthly returns of statistics to a physician who has heretofore favored the State Board with what data he has been able to obtain.

SANITATION is next to the preaching of the cross, man's supremist duty. To convince a single person that a given disease is avoidable may save a human life. To convince him that the disease is contagious may prevent a widespread epidemic. To convince the people of a State that disease may not only be avoided but actually exterminated, means a lowering of the death-rate by numbers which are but little short of miraculous.

Causes of Deaths.

Deaths occurring in the Twenty-three Counties and Two Cities of the State of Florida, below enumerated, during July 1892, classified by Diseases.

DISEASES	ALACHUA	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HILLSBORO	JEFFERSON	LAKE	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	TAYLOR	VOLUSIA	Jacksonville, City of	Pensacola, City of	TOTAL
Abortion	1	1
Adenitis	1	1
Anæmia	1	.	1
Angina Pectoris	1	1
Apoplexy	1	1	2
Bowels, Consumption of	1	1	1	.	.	.	1	.	2
Bowels, Inflammation of	2
Bright's Disease	2	2
Burns	1	1
Cancer, (Breast)	1	.	.	1
Cancer, (Stomach)	1	1	2
Cancer, (Womb)	1	.	.	1
Cancer, (Not stated)	1	1	.	1
Catarrh	1	1	2
Cerebral Congestion	1	1	1	.	1	.	4
Cerebral Softening	1	.	1	.	1
Childbirth	2	1	3
Cholera Infantum	1	1	.	.	.	1	12	.	1	.	1	8	.	25	25
Cholera Morbus	1	.	.	1
Colic	1	1
Congestion	1	1
Consumption	1	1	.	.	.	1	3	1	.	1	.	7	.	15	15
Convulsions	1	1	.	2
Croup	1	1
Defective Vitality	1	1	.	.	2

CAUSES OF DEATHS.—CONTINUED.

9

DISEASES	ALACHUA	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HILLSBORO	JEFFERSON	LAKE	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	TAYLOR	VOLUSIA	Jacksonville, City of	Pensacola, City of	TOTAL
Dentition										1			3											5		9
Diarrhœa	1	1		1		2		1			1		2	1					1	1	1		1	6	1	22
Diabetes																						1				1
Dropsy		2								1										1	1	1				7
Drowned					2				1												2				1	5
Dyspepsia														1								1				2
Eclampsia						1																				1
Encephalitis																								3		3
Enteritis				1																					1	2
Entero Colitis	1					1																				2
Fever, (Malarial)		2			1	1							5	5	1	1					2	1			4	23
Fever, (Typhoid)		2					1						1					1						5	2	12
Gastritis								1			1			1											1	4
Gastro Enteritis																								3		3
General Debility		1																						1		2
Heart Disease													1	1										2	2	6
Hemorrhage, (Lungs)																										1
Hip Disease	1																									1
Hydrocephalus																		1								1
Inanition														5												5
Kidneys, Disease of																									1	1
Kidneys, Inflammation of	1																									1
Liver, Cirrhosis of																								1		1
Lungs, Congestion of		1												1					1					1		4
Marasmus		1													1	1				1				6		10
Meningitis								1						7										1	3	12
Metritis																								1		1

Florida Health Notes.

July

CAUSES OF DEATHS.—CONCLUDED.

DISEASES	ALACHUA	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HILLSBORO	JEFFERSON	LAKE	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	TAYLOR	VOLUSIA	Jacksonville, City of	Pensacola, City of	TOTAL
Nephritis								1																		1
Nervous Prostration.....												1														1
Paralysis		1														1								2		4
Peritonitis								1							1			1								3
Pertussis								1																1		2
Pneumonia														1												1
Poisoned (Strychnine).....															1									1		1
Pyæmia															1											1
Senile Decay					1			2											1	1	1	1	2	1		9
Still Birth.....														2						1	1					4
Syphilis.....	1													1										1		3
Tetanus.....																				1				1		2
Thrush																								1		1
Trismus Nascentium											1			3	1										1	6
Tumor (Bladder)														1												1
Tumor (Ovarian).....						1																				1
Tumor (Womb).....	1																									1
Uræmia																				1						1
Vermes																		1								1
Wounds (R. R. Cars).....						1		1							1						1					4
Wounds (Fall)									1																	1
Wounds (Gunshot).....	2							3	1																	6
Wounds (Cut).....	1																									1
Cause not stated					5			4					1										1	2	1	14
Total in each County.....	10	14	0	4	11	7	3	18	5	2	3	11	5	50	10	5	0	7	6	11	7	3	3	75	17	287

1892

Florida Health Notes.

Ages of Decedents.

	White.		Colored.		Total
	M	F	M	F	
Still Born.....					
Under 1 year.....	27	28	12	18	85
Betw'n 1 and 5 y's	11	7	19	14	51
" 5 " 10 "	1			3	4
" 10 " 15 "	2		2	1	5
" 15 " 20 "	3	3	3	7	16
" 20 " 25 "	3	2	4	6	15
" 25 " 30 "	2	1	8	3	14
" 30 " 40 "	8	4	8	8	28
" 40 " 50 "	6	2	6	1	15
" 50 " 60 "	5	2	4	3	14
" 60 " 70 "	10	2	3	4	19
" 70 " 80 "	4	1	2	5	12
" 80 " 90 "	3	2	1	1	7
" 90 " 100 "	1		1		2
Over 100 years.....					
Not stated.....					
Total.....	86	54	73	74	287

Summary

Number of counties reporting.....	23
Number of cities reporting.....	2
Total population of said counties and cities.....	250,364
Number of births reported.....	305
Number of marriages reported.....	173
Number of deaths reported.....	287
Birth rate per 1,000 per annum.....	14.62
Death rate per 1,000 per annum.....	13.75
Number of deaths under five years of age.....	136
Number of deaths over seventy years of age.....	21
Number of deaths by violence.....	19
Number of premature and still births.....	5

Diagram of Diseases Causing Heaviest Mortality.

Cholera Infantum 25	
Malarial Fever 23	
Diarrhoea 22	
Consumption 15	

Death Rates.

	1891.	1892.
January.....	16.19	16.65
February.....	13.04	12.41
March.....	12.36	14.91
April.....	13.22	14.35
May.....	11.75	18.51
June.....	12.64	15.22
Six months.....	13.20	15.34

Vessels Boarded

and inspected by officers of Quarantine Stations at—

	American.	Foreign.	Total.
Key West.....	33	20	53
Mullet Key.....	20	12	32
Pensacola.....	24	27	51

Meteorological Summary.

(Observations at Jacksonville Station.)

Mean temperature for August-July for 21 years.....	82°
Mean temperature this month.....	82°
Highest temperature, on the 31st.....	95°
Lowest temperature, on the 6th.....	66°
Prevailing direction of wind southwest.	

The Director of the Florida Weather Bureau says in his July Report: "Mullet Key reports not only the highest temperature, 100 degrees, but also the highest mean maximum temperature, 98.0 degrees; the highest mean minimum temperature, 80.0, and the highest monthly mean temperature, 89.0 degrees."

Reports from Havana.

Yellow Fever.

	New Cases.	Deaths.
Week ending July 8, 1892.....	33	4
Corresponding period of last year.....	80	11
Week ending July 15, 1892.....	45	7
Corresponding period of last year.....	65	11
Week ending July 22, 1892.....	42	7
Corresponding period of last year.....	60	22
Week ending July 30, 1892.....	35	6
Corresponding period of last year.....	60	17

Small Pox.

Week ending July 8, 1892.....	4	0
Corresponding period of last year.....	30	8
Week ending July 15, 1892.....	4	0
Corresponding period of last year.....	25	2
Week ending July 22, 1892.....	0	0
Corresponding period of last year.....	35	11
Week ending July 30, 1892.....	0	0
Corresponding period of last year.....	35	6

SUMMARY—YELLOW FEVER.

June, 1892.....	71	14
July, 1892.....	155	24
July, 1891.....	270	61

SUMMARY—SMALL POX.

June, 1892.....	4	0
July 1892.....	8	0
July, 1891.....	125	27

Under date of August 10th, Dr. Burgess reports: "Yellow fever has increased within the last two weeks, though not alarmingly nor malignantly." As may be noted from the above summary 14 deaths occurred in June and 27 in July. During the first two weeks of August 31 deaths are reported.

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Municipal Cleanliness.

Occasion is given to sanitarians at this time, when cholera has appeared at the New York Quarantine and in the City, to preach a very salutary sermon, taking the subject of municipal cleanliness as a text. It is an admitted fact that cholera should it be imported, will not spread in a "clean town." The term "clean," however, is capable of broad construction, depending upon individual views of the educated or ignorant; for dirt and ignorance are as assuredly associated as is cleanliness and education. The apathetic and careless housekeeper, householder or official will not give that vigilant thought to sanitary and hygienic matters that prompts one of the opposite temperament.

We doubt whether any of the smaller cities or towns in the United States, through its officials or press, would have the temerity to publicly state that the city they represent is not clean, or is positively defective in some sanitary requirement; yet it is a matter for very serious conjecture whether there is a town in this country perfect in all of its sanitary environments. For the

State of Florida we feel that much needs to be done in a sanitary way in each city and town. Our watchword since the commencement of summer has been "to clean up and keep cleaning up!" St. Paul's advice to "be not weary in well doing," applies with equal force to municipal sanitary authorities of to-day as it did in a spiritual sense to the early Christians. The danger to communities lies in apathy and indifference of officials, which begets the same state of affairs in the individual. It is disagreeable and unpleasant to antagonize a friend by forcing him by law to clean up his privy, back yard, stable or cow-pen. In a small community these apparent intrusions on personal liberty and freedom are resented, and very often life-time estrangements follow.

Under a "scare" of disease the annoyance lies in wanting to do too much, and in imposing unnecessary obligations and requirements on the householder. If each municipality would enact plain, simple but comprehensive rules for the guidance of the public under its control, and then firmly enforce the observance of these rules at all seasons of the year, occasion would never arise for these scares, and impulsive desires "to do something;" for every town would then be always ready to meet any emergency in the way of foreign intrusion. While the municipality requires observance of health laws on the part of the individual, at the same time the individual has an equal right to demand that the essentials to life and health, air and water, shall be supplied pure and uncontaminated. The State of Florida through the State Board

of Health has enacted ample provisions by rules and regulations, against the introduction of disease by land as well as by water, but the people of the State must not be lulled into a sense of false security thereby. Quarantines do not always guarantee safety, and the better plan is to have every settlement in the State so protected by cleanliness in every department, public and private, that if perchance contagious disease should be introduced, not finding favorable food for spread it can be quickly arrested. We would, therefore, urge with all the potency that English language can convey—**CLEAN UP AND KEEP CLEAN.**

Co-operation.

What we eat, drink, breathe, wear; these constitute the four supplies of the system. They relate to food, liquids, air and clothing, and these are the natural medicines for man, the application of which is universal. Sanitary science regards all these when aiming to obtain and preserve cleanliness in order that the health of the great mass of the people shall be preserved. The physician treats the individual, and his agencies are remedial; the sanitarian treats the masses by reaching out to preserve healthy surroundings, his agencies are preventive. The sanitarian aims to avoid epidemic and overwhelming general disaster, the physician brings his skill to apply to the individual case. The sanitarian is the general benefactor, the physician the individual one. Hence there is no conflict, and science for the masses and for the individual go hand in hand, each on its separate road, converging into the common highway of the public good.

How the natural medicines for man shall be best secured by his own co-operation is the problem! Man inclines to eat, drink, breathe and clothe himself as he pleases, and any supervision that is to him offensive he resists. How shall the sanitarian who deals broadly with the question reach him effectively? Only through the physician who treats this unwilling individual. Preaching to the well is seed on stony ground, but to the sick it is as showers on the parched earth. The physician then is

the sanitarian nearest the individual and upon him must rest the most effective duty to the individual.

If County Medical Societies would hold conventions, each in their own county, to which the State Health Officer was invited, a conference as to the health conditions of the county might be held in the interest of the public health. Views and facts exchanged and considered would bring about understanding and unanimity of action, and co-operating with the State Health Supervision the army of physicians of the State might confer upon their several communities, and thus upon the State at large blessings heretofore considered too remote for present realization. What a power there is in combination for making money and combination for securing healthier conditions could be made equally as potent. Then the physicians having to deal with less serious ailments in general, could study more successfully complicated cases as they arise, could apply his mental powers to investigation and self-improvement, meet with more general success in his practice, receive not less remuneration, but probably more, and giving more general satisfaction to his patients have a compensation in viewing his own work as a success and enjoy the gratitude of his neighbors and the greater esteem of the community and the State.—*Horatio Crain.*

Rules for County Boards.

The State Board of Health has lately formulated a code of rules that it is thought will meet the requirements of every County Board of Health for health ordinances for domestic and municipal sanitation. The suggestion was made to the Secretary of the Board some little while ago for a uniform code of health regulations for the State and the matter was taken under advisement. To repeated requests of late, a set of rules and regulations have been formulated and submitted to the attorneys of the State Board of Health, who declare them in legal form and in conformity with the statute creating County Boards of Health. Send for a copy and let's have a uniform health code for the whole State.

Don't Repeat Rumors.

Few appear to be aware that there is a law on the Statute books of this State forbidding the dissemination of false rumors or statements concerning any infectious disease; there is one party however, at least, who is now aware of the existence of the law; he is Mr. J. H. Robinson. We don't know how the rumor got started, but there certainly was a rumor that fever had broken out in Port Tampa, the early part of this week; of course there was nothing in it, as there has been no yellow fever nearer than Havana this year, except the cases on board the *Eva Douglas*, out in the gulf forty miles away. But a clerk working in one of our business houses somehow became frightened Sunday morning, demanded the money due him, obtained it and skipped by the first train. The employer was naturally worried and walked out on the street; met a couple of men coming from the wharf, one of whom was Mr. Robinson. They stopped him and made some inquiries in regard to the residence of a gentleman that they wished to see, and the merchant gave them what information he possessed; then, the fright of his clerk being on his mind, asked these men if they had heard any rumors of the existence of fever in this town; the men said they had not, as they had just landed at Picnic Island. This closed the conversation. The question he had been asked so worked on Mr. Robinson's mind that by the time he had reached the residence of Mr. Starling, the gentleman he was in search of, he was convinced that a first-class epidemic was raging here. He informed Mr. Starling and several other parties, who were present at that gentleman's house, that "two sea captains had died on the wharf, and the disease was supposed to be yellow fever," and to one of the parties he stated, without reservation, that "two sea captains had died of yellow fever, and he was going to get out before the town was quarantined." Of course his statements caused consternation among his hearers, until investigation revealed the falsity of the whole story. Mr. Robinson, however, departed for St. Petersburg as fast as a good boat and a fair wind

could carry him. The authorities, however, determined to put a stop to these idle rumors which are constantly causing incalculable trouble and damage to so many towns in South Florida. Tuesday morning Deputy Sheriff Gregory took the *Kissimmee* for St. Petersburg, with a warrant in his pocket for the arrest of Mr. Robinson. Robinson was tried before Judge Miranda Tuesday afternoon and held in a \$500 bond to appear before the Hillsborough county grand jury at the next session of the Circuit Court. It is to be hoped that this action will check the circulation of these damaging stories.
—Port Tampa Mail.

The State Health Officer.

It is asked if, in remaining in active charge of the situation at the Mullet Key quarantine station, the State Health Officer did not do wrong by depriving the State elsewhere of his services should fever "crop out." We unhesitatingly say no; not because we are the interested party, but because the highest authority in the State says so—the law. Here is what it says on the subject:

"SEC. 17. There shall be designated and employed by the State Board of Health an Assistant State Health Officer, who must also be a physician of experience and skilled in the diagnosis of infectious and contagious diseases, and who shall be subject to the orders and instructions of the State Health Officer; and, in case of sickness or disability of the State Health Officer, he shall succeed to the duties of the office for the time being of the State Health Officer. The Assistant Health Officer shall receive \$15 per diem for each day that he is engaged in actual service under the direction of the State Health Officer, and 5 cents per mile for every mile traveled in the performance of such service, and shall hold appointment until removed for cause by the State Board of Health."

"SEC. 9. It shall be the duty of the President of the Board of Health, immediately upon the receipt of information that there is any case of yellow fever, small-pox or cholera in any portion of this State, to order the State Health Officer by telegram, if he is not at hand, to proceed immediately to said place, and there to investigate the said reported case or cases of yellow fever, small-pox or cholera, and to report to the said President by telegram the results of his said investigation; and said State Health

Officer shall have power, and it shall be his duty to declare said infected point to be in quarantine and to place any and all such restrictions upon ingress or egress thereof as, in his judgment, shall be necessary to prevent a spread of the disease from the infected locality; and it shall be the duty of the said State Health Officer, when he shall have declared any city, town or other place to be in quarantine to so control the population of said city, town or other place and make such disposition of the same as shall, in his judgment, best protect that population, and at the same time prevent a spread of the infection among the same. The sheriffs and constables of the several counties of this State, and the police officers of all the cities and towns of this State shall be under the control of the said State Health Officer to enforce and carry out any and all quarantine regulations that he may prescribe, which said regulations shall be immediately published in the most practicable manner in the several counties, cities, towns or other places where quarantine may be established; and said State Health Officer shall make immediate report of his actions and doings in the premises to the President of the Board of Health, and from time to time, so long as the quarantine shall continue."

Yellow Fever on Schooner Douglas.

The American four-masted schooner *Eva B. Douglas*, Captain J. C. Letts, bound for Punta Gorda, Florida, arrived off the Mullet Key quarantine station on the afternoon of the 3rd instant, four days from Havana, Cuba. At Havana she lay at the Tallapiedra wharf and sent three men to the hospital with yellow fever. The day following her arrival, the 4th, the schooner was fumigated and disinfected and all clothing and bedding subjected to the steam disinfecting process. The vessel was then anchored out in the bay and held for observation. On the 6th the captain developed a case of yellow fever. The State Health Officer arrived at the station on the *Missoc* on the afternoon of the 6th and confirmed the diagnosis of Dr. Echemendia, the medical officer in charge of the station. The first mate was ordered to take the vessel to the United States quarantine and refuge station at Dry Tortugas, and was expected to leave early the next morning, as it was then too late in the day, the tide also being unfavorable to get under way. In order

to be as humane as possible, Capt. Bahrt, assistant at Mullet Key station, was detailed to accompany the vessel to Tortugas and act as nurse to the sick man. However, during the night the mate and two seamen were attacked with the disease and it was impossible then to get the ship to Tortugas without the aid of a large tug boat and there was none nearer than Pensacola. Having done everything practicable to humanely get rid of the vessel and failed, the *Douglas* was anchored five miles to leeward of the station, out of the way of passing craft, and as the crew were all evidently inoculated with the poison in Havana and were being seized one after another in rapid succession, the sick were treated on board. The entire crew were prostrated with the disease within the next few days, with the exception of the second mate, steward and a negro shipped in Havana. These three having previously had the disease. The attack of the captain was violent, and he died on the morning of the 11th in uramic convulsions. He was interred on Anna Maria Key. The majority of the crew convalesced rapidly after slight attacks. After the occurrence of the last case the vessel was thoroughly fumigated and disinfected; mattresses, carpets and curtains destroyed by fire and clothing of the crew purified by superheated steam, and after undergoing ten days observation, she was given pratique and sailed for Philadelphia, her owners cancelling her charter for Punta Gorda.

Our Name.

Through an oversight, it was neglected to call attention in last month's Official Bulletin to the change of name of this little pamphlet from the BULLETIN to the FLORIDA HEALTH NOTES. As stated in our greeting last month, we hope to correct the defects in the management of health matters in the State by "noting" them, and at the same time by notes of commendation to encourage every one to lend a helping hand in placing Florida where she justly belongs—at the pinnacle of healthfulness. We like the euphony of "Health Notes" better than "Bulletin." Don't you?

Management of Quarantine.

The interest in health matters in this State this month centers upon the cases of yellow fever on the American schooner *Eva B. Douglas*, off the Mullet Key quarantine station, and the management of the same. Elsewhere will be found a concise account of the arrival of the vessel, discovery of the cases and isolation and quarantine of the schooner. Occasion has been given and seized upon by the secular press to indulge in criticisms of the State Health Officer in regard to his management of this vessel. Some are exceedingly friendly, even to flattering comparisons; others untrue, unkind and unjust even to maliciousness. To friend or enemy (and he knows not why he should have any enemies) the State Health Officer desires to say that he acted strictly in accord with the law and in compliance with instructions from the President of the Board. Those who doubt this statement will please read the act creating the State Board of Health. The fact is recognized that every one cannot be pleased or his peculiar views coincided with, and while it is pleasant to have an approving word from everyone, yet the remarks of the captious, envious and hypocritical do not disturb, for a consciousness of duty done in obedience to the laws of the State and humanity brings its own reward. The incredulous as to the ability of the State Board of Health to manage cases like that of the *Douglas* must now concede that, in a humane manner, with a saving of life and with no spread of the disease ashore or beyond the vessel, has the situation been so handled that the commerce of the port of Tampa and of the State at large has in nowise been disturbed or interrupted.

Leprosy in Spain.

Leprosy has been on the increase in different parts of Spain for some years past, and the extension of the disease has at last aroused the attention of the government. The Director General of Beneficence and Sanitation has sent a circular letter to all governors of provinces, calling on them to take such steps as may seem necessary under the circumstances.—*The Medical Bulletin*, June, 1892.

The Newsmonger.

It is sincerely to be regretted that the "calamity liar" was furnished this month with a smattering of facts, sufficient to give a glamour of truth to sensational reports. There are some individuals in this world of ours who take fiendish pleasure in aiding in the circulation of bad news. They belong to the "they say" class, upon whom it is extremely difficult to fasten any responsibility for foolish talk and idle rumors. Like the Athenians of old, they are ever ready to tell some new thing. Unfortunately the weak-kneed brother or sister comes to the front on just such occasions also, and by their timidity exercises a disturbing, if not a demoralizing influence over those with whom they come in daily contact. To fasten upon and punish the former and to implore the latter to leave the State quietly and orderly, whenever the nerves begin to weaken, should be the aim of every good citizen of the State. The man or woman in Tampa, Jacksonville or in any other part of the State who has cold chills run down his or her spine upon reading of the cholera at the New York quarantine station, or of a case of yellow fever at any of the quarantine stations of the State, should have a disinfecting cylinder of their own into which they can crawl and bolt themselves; or, preferably, leave the town. They are first-class nuisances.

Something to Boast About.

Florida will never be a great State until the different sections cease to villify each other, and to use a trite, if not elegant phrase, "quit their jawing" over the superiority of this or that town as a business centre, to the detriment of all others. All of Florida is good, from the "clay hills of Leon to the sawgrass of the Everglades," and each section is peculiar to itself for topographical beauty and adaptability of climate to the treatment of certain diseases. Why not transfer this boasting, if such is necessary to happiness; to the cleanest city or town in the State?

Boca Grande Boarding Station.

The State's boarding station at Gasparilla Island, Boca Grande Pass, was placed in operation this month; the physician and employes going on duty on the 1st instant. Under a concession from the United States Lighthouse Board, the State Board of Health has erected on the island a plain, but substantial and comfortable dwelling, and Dr. S. R. Clark, an inspector of the State Board of Health, boards and inspects all vessels during the quarantine season which arrive for the port of Punta Gorda, and directs all *directly or indirectly* from ports "where cholera, small-pox or yellow fever may prevail" to the Mullet Key quarantine station for fumigation and disinfection. The force at this station consists of a physician, boatman and cook.

Disinfecting Food.

Disinfection has been used recently for an unusual, if not novel, purpose in Russia. Owing to the need for food for the starving peasantry, committees were appointed for the purpose of organizing a collection of scraps left after meals in the large cities. Many such scraps were collected from hospitals as well as from social gatherings. Thus arose the alternative of conveying contagious diseases to the peasants whom it was intended to benefit, or of destroying the food. In the face of the terrible scarcity in the country, the latter alternative was clearly to be avoided if possible, so the question was referred to the Bacteriological Institution of Odessa for solution, which came to the rescue with the suggestion that morsels of bread left over by persons infected with contagious diseases should be dried at a temperature of 250 degrees F., or to be submitted to a current of steam of similar temperature for at least one hour, when they would be thoroughly disinfect. —*London Hospital.*

Tortugas Station—National.

On August 27th the captain and fireman of the U. S. Steamer *Dagmar* tender to the Dry Tortugas Quarantine Station, were prostrated with yellow fever. Disease contracted through brig *Caspian* previously reported there.

Rumors of Yellow Fever.

Legal opinion having been sought as to that portion of the laws of Florida forbidding the dissemination of rumors of infectious or contagious disease; and especially as to whether it reached those persons who *repeated* stories, heard in any manner, as well as those who originated them; the State Board has been advised that the law imposes a penalty for *repeating* such idle stories. The attorneys state: "In our opinion the law is sufficiently broad to cover those persons who spread reports of disease as well as those who originate rumors, when the same is done 'falsely'—that is, whether with knowledge of the falsity or not, or 'maliciously,' which we interpret to mean 'with knowledge of the falsity and desire to cause trouble.'"

As the State Board is desirous of making a few examples of "calamity liars," county health officials and other public-spirited citizens, having the welfare and good name of the State at heart, are requested to promptly advise the Secretary of any rumors that may come to their knowledge, in their respective sections of the State.

Ideal Quarantine.

Absolute protection against the introduction of disease is the ideal of quarantine, its attainment the aim of Boards of Health. Failure does not impair the doctrine. When yellow fever invades quarantine the error is in the method and not in the principle. When there is a fault, there is possibility of its correction, to accomplish which becomes the duty of those who are legally appointed custodians of this matter. Into the hands of the State Board of Health is committed the whole question of quarantine, its beginning, its ending, and all the details of its execution. —*Dr. Joseph Holt.*

Cuba and Cholera.

Under date of September 10th, 1892, the agent of the State Board of Health stationed at Havana, Cuba, reports "Up to date there is no suspicion of Cholera infection existing on any part of the Island. Detention of vessels for observation has commenced."

Cholera and Quarantine.

That cholera appears in New York simply proves that the strictest quarantine cannot always guarantee safety. While we may have good reason to be satisfied with results up to the present, we must recollect that in spite of the best of systems, the dreaded disease may surreptitiously find entrance into the city. It is unnecessary to allude to the many ways by which this may be accomplished. * * * * In cases of invasion it is natural to blame the health officer. Before doing so it would be well to examine thoroughly into the history of the first cases, and see where the responsibility truly rests. Very often the pestilence sows its seed before its appearance in infected ports is reported, and the necessity for quarantine is made apparent. All these conditions have to be considered in explaining the fact that quarantine, as ordinarily enforced, fails in about seventy per cent. and succeeds only in thirty.—*N. Y. Medical Record*, September 17, 1892.

We commend the above to every careful reader of the NOTES. It is better not to place all dependence for protection in quarantines. Municipal sanitation, embracing cleanliness and attention to pure air, water and food, are the surest safe-guards against any and every disease. We do not wish to be understood as belittling protective measures afforded by a thorough inspection and supervision of common carriers from any point where contagious or infectious diseases prevail in epidemic form. We consider such inspections and detention, together with thorough disinfection of suspected fomites absolutely essential, but not to the neglect of domestic sanitation and personal or individual hygiene. Our warning is rather against being lulled into a false security.

Fumigating Mails.

Experiments at the Mullet Key Quarantine Station in disinfecting of letters and papers, demonstrate that they can be subjected to a steam heat of 240 degrees Fahrenheit with 12 pounds pressure without injuring the letter or paper in the slightest. If it ever becomes necessary to disinfect mails in the State, this process will be used, for it is believed to be more efficient than sulphur dioxide fumigation.

To Everyone Interested in Florida.

As you are doubtless aware the State Board of Health is issuing a monthly report entitled *FLORIDA HEALTH NOTES*, wherein is given the Vital Statistics of the State, a synopsis of health matters and all items of general interest. The desire of the Board in publishing this pamphlet is to bring prominently before the people of the State the great importance of hygiene and sanitation and to arouse those who are charged with the protection of the public health in the counties to active measures. As a means of advancing the object in view contributions are earnestly solicited from health officials and all others who have manifested interest in topics appertaining to the healthful care of the people of Florida. Will you not lend the aid of your facile pen to this great good, sending us from time to time short live articles? If practicable limit your contributions to two or three hundred words. The Board, of course, reserves the right to accept or return any articles.

The State Insane Asylum.

The August report from Dr. J. N. Smith, superintendent of the State Insane Asylum, shows a decrease of nine for the month; one new inmate being admitted and ten dying. The present number of occupants is, therefore, 270; 146 white and 124 colored. The ten deaths reported were caused by locomotor ataxia, inanition, apoplexy, cerebral congestion, Bright's disease, renal dropsy, consumption and paralysis. Forty-three of the inmates were sick during the month.

Anti-Vaccination and Small-Pox.

Every number of the *British Medical Journal* and of the *Lancet* brings news of the spread of small-pox in London, the fruits of the anti-vaccination crusade in the great metropolis.—*N. C. Medical Journal*, July, 1892.

NEW YORK, August 10.—Sixty cases of small-pox were reported at the Bureau of Contagious Diseases up to 4 o'clock this afternoon. The inspector will begin tomorrow a house to house search for concealed cases.

Notelets.

"PUBLIC health is a public duty, because it is a public benefit."

FROM one-fifth to one-seventh of all human deaths are stated to be from tuberculosis in some form.

ONE case of diphtheria was reported from Pensacola and one from Jacksonville during the month. Both terminated favorably.

THE Governor has appointed Dr. D. E. Montgomery and Messrs. G. F. Register and W. H. Harrell a Board of Health for Wakulla county.

A NEW Board of Health has been appointed for Columbia county, consisting of Dr. D. A. Watts and Messrs. J. D. Edds and F. W. Gedson.

THE cylinder-head of the disinfecting chamber at the Escambia County Quarantine Station was accidentally blown off during the latter part of August, but has since been repaired.

THE Hamilton County Board of Health has adopted the rules and regulations suggested by the State Board, mention of which is made in another part of this pamphlet.

STATISTICS of insanity for ten years in the great State of Pennsylvania demonstrates that among boys under twenty the excessive use of tobacco ranks third as a cause of disordered intellect.

DURING the month of August 117 letters were received at the Board's office in Jacksonville and 203 written; five circular letters of 200 copies each issued and 350 FLORIDA HEALTH NOTES distributed.

JUST as we are going to press we learn, with deep regret, of the decease of Dr. Thomas F. Wood, of Wilmington, N. C., for many years the secretary and treasurer of the North Carolina Board of Health.

FLORIDA cannot be said to have any endemic disease that is not preventable. Nine-tenths of the sickness that afflicts the native population is preventable; therefore, a terrible responsibility rests upon the physician and sanitist should he fail to advise those not informed of the means at hand for preventing sickness, suffering and death.

THE day is not far distant when a Florida county with no health record and with no vital statistics will be set down by the prospector as a place which has something to be ashamed of, and he will shun it accordingly.—*Florida Times-Union*.

BOTH in the preventive measures that are going on at all times, and in the management of an epidemic, a State Board of Health is essential; and the time is not far distant when a State without a State Board of Health will be as anomalous as a State without a system of schools or militia.—*John B. Hamilton*.

"IN TIMES of need and danger from pestilential causes, the authority that comes direct from the State through an organization such as the State Board of Health is eminently efficacious and cannot be too highly appreciated. The authority of local boards may be questioned, and perhaps not promptly obeyed, but this never occurs when the officers are commissioned by the State and are recognized as State Officers. The importance of this should be thoroughly understood."

AT the last meeting of the Board the words "State Board of Health," in Rule III, "Disinterment and Transportation of the Dead" were stricken out and the words "State Health Officer" substituted. The rule therefore reads: "Rule III. It is hereby ordered that disinterring bodies for transportation to other points, or for removal from one grave to another in the same cemetery, is forbidden between April 15th and December 1st of any year, except by a special permit from the State Health Officer."

GEORGIA, the only State in this section of the Union without such an organization, will probably soon have a State Board of Health. Due to the cholera scare, a very decided movement is on foot to create a State Board. A more opportune time for the agitation of this important measure could hardly exist, as the opposition heretofore manifested came from the upper counties and will now be modified or entirely dispelled by the fact that the interior towns are frightened at the danger from cholera.

Causes of Deaths.

Deaths occurring in the Twenty-three Counties and Two Cities of the State of Florida, below enumerated, during Aug. 1892, classified by Diseases.

DISEASES	ALACHUA	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL
Abscess, (Renal)																	1											1
Accident, (Ether)																												1
Alcoholism																	1											1
Anæmia																												1
Apoplexy	1				1															1								3
Bright's Disease																											2	1
Burns															1				1									2
Cancer, (Pancreas)																											1	1
Cancer, (Stomach)								1																			1	1
Cancer, (Uterine)							1																				1	2
Cerebral Congestion																											1	2
Childbirth	1																1					1					1	2
Cholera Infantum	1					2		3							2			2				1					1	5
Chlorosis																	1											1
Congetion, (Stomach)																												1
Congestion									2																		1	3
Congestive Chill																	1											1
Consumption												1		1	6			1			1		1			3	2	16
Convulsions	1				1														1	1			1				1	6
Croup																												1
Cystitis					1																							1
Defective Vitality															2													2
Dentition									1						1	1											1	4
Diarrhœa	1							2		2	2			2				1	1					1		1	2	15
Diphtheria																											1	1

Florida Health Notes.

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Florida Health Notes.

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CAUSES OF DEATHS.—CONTINUED.

DISEASES	ALACHUA	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola City of	TOTAL
Dropsy	1															1										1		3
Drowned																2						1					1	4
Dysphagia						1																						1
Eclampsia	1																											1
Encephalitis																	1											1
Enteritis						1																	1			1		2
Entero Colitis	3																1	2						1		1		8
Epilepsy																1		2						1				1
Fever, (Puerperal)	1							1									1											3
Fever, (Malarial)	1	2			1		1		2	1			1	2		1	3				2		1	2		9		29
Fever, (Typhoid)	1	2						5	1			1			1	1			3							1	7	23
Fever, (Yellow)*																									1			
Gastritis								1								1												2
Gastro Enteritis															1											1	1	3
Heart Disease				1										1	3							1	1			1	1	9
Hemorrhage, (Lungs)																										1		1
Hemorrhage, (Not stated)																										1		1
Hepatitis															2													2
Inanition												1			2													2
Intestinal Obstruction															1											3	2	8
Laryngitis															1												1	2
Leprosy															1													1
Lightning	1													1														2
Lungs, Congestion of																				1								1
Marasmus						1											1				2	1				2		7

*This death from Yellow Fever was that of Capt. Letts, of the Schooner *Eva Douglas*, who died on shipboard in Quarantine.

CAUSES OF DEATHS.—CONCLUDED.

DISEASES	ALACHUA	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL
Meningitis	1	4	1	1	2	8
Paralysis	1	1	2
Peritonitis	1	1	1	3
Pertussis	2	2
Pneumonia	1	1	1	1	3	7
Poisoned (Potash).....	1	1	1
Premature Birth	3	1	..	1	..	4
Pyæmia	1	1
Rheumatism	1	1
Scrofula	4	1	1	1
Senile Decay	4	1	2	4	12
Septicæmia	1	..	9	1
Still Birth	3	1	1	14
Stomatitis	1	1
Suicide	1	1
Syphilis	2	1	3
Tetanus	1	1	..	1	3
Trismus Nascentium	2	1	1	1	5
Tumor (Neck)	1	..	1
Uræmia	1	1	..	1
Wounds (Fall)	1	2	1	1	..	2
Wounds (Gunshot)	1	2	1	1	1	1	1	1	1	..	4
Cause not stated	1	2	1	1	1	1	1	1	1	1	..	11
Total in each County	20	6	*	1	4	9	5	18	6	4	3	4	3	10	42	15	17	7	8	8	4	7	5	5	1	48	40	300

*No Report from Dade County.

Ages of Decedents.

	White.		Colored.		Total
	M	F	M	F	
Still Born.....					
Under 1 year.....	21	19	18	20	78
Betw'n 1 and 5 y's	10	6	13	18	47
" 5 " 10 "	4	1	3	4	12
" 10 " 15 "		1		2	3
" 15 " 20 "	2	5	3	6	16
" 20 " 25 "	5	3	5	3	16
" 25 " 30 "	10		1	6	17
" 30 " 40 "	11	5	3	7	26
" 40 " 50 "	7	10	3		20
" 50 " 60 "	6	2	1	2	11
" 60 " 70 "	7	4	4	2	17
" 70 " 80 "	5	9	6		20
" 80 " 90 "	3	2	1		6
" 90 " 100 "					
Over 100 years.....					
Not stated.....	2	3	3	3	11
Total.....	93	70	64	73	300

Summary.

Number of counties reporting.....	23
Number of cities reporting.....	2
Total population of said counties and cities.....	252,437
Number of births reported.....	386
Number of marriages reported.....	229
Number of deaths reported.....	300
Birth rate per 1,000 per annum.....	18.35
Death rate per 1,000 per annum.....	14.27
Number of deaths under five years of age.....	125
Number of deaths over seventy years of age.....	20
Number of deaths by violence.....	17
Number of premature and still births.....	18

Diagram of Diseases Causing Heaviest Mortality.

Malarial Fever.....	29
Typhoid Fever.....	23
Cholera Infantum.....	17
Consumption.....	16

Death Rates.

	1891.	1892.
January.....	16.19	16.65
February.....	13.04	12.41
March.....	12.36	14.91
April.....	13.22	14.35
May.....	11.75	18.51
June.....	12.64	15.22
Six months.....	13.20	15.34

Vessels Boarded

and inspected by officers of Quarantine Stations at—

	American.	Foreign.	Total.
Mullet Key.....	19	16	35
Pensacola.....	15	22	37
Fernandina.....	20	12	32

Among the foreign vessels above enumerated there were 13 from Havana, 4 from Hamburg, and one or more from Harve, Antwerp, Genoa, Vera Cruz, Rio Janeiro, Naples, London, Santos and Barbadoes.

Meteorological Summary.

(Observations at Jacksonville Station.)

Mean temperature for August for 21 years.....	81°
Mean temperature this month.....	81°
Highest temperature, on the 1st.....	96°
Lowest temperature, on the 6 and 31.....	68°
Prevailing direction of wind southwest.	

Reports from Havana.

Yellow Fever.

	New Cases.	Deaths.
Week ending August 5, 1892.....	40	15
Corresponding period of last year.....		
Week ending August 11, 1892.....	42	16
Corresponding period of last year.....		
Week ending August 18, 1892.....	50	15
Corresponding period of last year.....		
Week ending August 25, 1892.....	52	12
Corresponding period of last year.....		
TOTAL.....	144	58

SUMMARY—YELLOW FEVER.

June, 1892.....	71	14
July, 1892.....	155	24
August, 1892.....	144	58

Yellow Fever.

CITY OF MEXICO, July 18.—The yellow fever scourge continues unabated at Vera Cruz, and the rate of mortality is alarmingly large. Hundreds of people are leaving the city. In the foreign colony there have been many deaths, and those who could escape the quarantine regulations have left their homes and escaped to the city or to the interior.

FLORIDA HEALTH NOTES

OFFICIAL BULLETIN OF THE STATE BOARD OF HEALTH.

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Vol. 1.

SEPTEMBER, 1892.

No. 3.

MEMBERS OF THE STATE BOARD OF HEALTH.

HON. WM. B. HENDERSON, *President*Tampa, Fla.

HON. JAS. P. TALIAFERROJacksonville, Fla.

WARREN E. ANDERSON, M. D.Pensacola, Fla.

JOSEPH Y. PORTER, M. D., *Secretary and Health Officer*,
Key West and Jacksonville, Fla.

Office of the Board, Jacksonville, Florida.

All communications should be addressed to the Secretary of the Board, whose official address is, Jacksonville, Fla.

Personal Cleanliness.

In this age when Sanitary Science is arousing such interest among the masses, and by its teachings has done, and is still doing so much in a general way to benefit the human family, it would seem proper that attention should be directed to special subjects and lines of thought whereby a better condition of health can be maintained for the individual, and disease, in the form of epidemics, averted from the public. Individual hygiene is one of these subjects claiming attention, and that division of the subject bearing the caption of this article it is now proposed to touch upon. "Cleanliness is next to Godliness," 'tis said; but, without intending to detract from Bacon, we would emphasize the statement by paraphrase and affirm that "Cleanliness is Godliness" for an individual clean in mind and body is as near the likeness of the Deity as it is possible for the human to attain. Clean clothing and a clean skin are essentially necessary to a clean life, i. e. good health. The little sweat glands situated in the outer covering of the human being, are the "skin breathers" of the human

system. They cast off through the perspiration, clearly visible in summer, and insensible—but there all the same—in winter the effete products of waste; that which is burnt up and destroyed, by the complex system of assimilation and which is no longer necessary to sustain life, but, on the contrary, if again taken into the circulation, is detrimental and dangerous to health. These "skin breathers," with the lungs, kidneys and bowels, make up the four great sewers of the human system which carry off the digested and oxidized waste. When it is considered that every square inch of skin surface, in a man of ordinary stature, contains, as an average, 2,500 of these sweat tubules (Carpenter), giving a total of seven million pores; and, going into detail a little farther, that these sweat glands are tubes curled upon themselves, which, when lengthened out, would make 1,570,000 inches, or 145,835 feet, or 28 miles, it will be appreciated what an amount of dead stuff is constantly being cast off when this sewer by itself is kept free and from choking. Every individual should assist nature in maintaining health by daily paying attention to the condition and state of this outlet of waste. By keeping these glands active and in good working order colds are prevented, fevers often averted and various eruptive affections suppressed. A plunge or sponge bath should be taken daily, and no one should retire at night without removing the accumulations on the skin, the dirt and perspiration of the day. Those whose time or occupation will permit will find benefit in pleasant weather in a sun or air bath of a few minutes, followed by dry friction, or

friction from a salted towel. This latter method will be found to do much towards lessening the hypersensitiveness of the skin of some individuals and also lessen the predisposition to catch cold from exposure to draughts of air. Another point in this connection is the changing of underclothing which, in summer, should be frequent, when, from heat and excessive action, the skin is especially active in this work. By absorption of perspiration (liquid effete waste), underclothing becomes saturated, undergoing, in a few hours, fermentation, and should be disgusting to the wearer and certainly is to his neighbor. Efforts in personal cleanliness should not be all expended in clothing and the covered portions of the body. The mouth also claims attention, in this subject of individual cleanliness, especially the teeth, by the daily frequent use of the brush, particularly after meals. Besides removing annoying particles of food caught between the teeth, the practice is conducive to health by ridding the mouth of substances which, by remaining, undergo decomposition, liable to cause dyspeptic troubles and produce offensive breath. One of the surest signs or evidences of a cleanly disposition in an individual man or woman is the condition of the finger nails. The hands of a person whose nails are constantly black and dirty are indicative of a dirty skin and filthy underclothing, and there can be given no good excuse why any one, whatsoever the occupation, should sit down to meals with dirty face, hands or nails. It is no longer considered by sensible people as "dudish" or effeminate to pay strict attention to the teeth, finger nails and clothing. A sound body is necessary to the development of a sound brain, and the two, conjointly, to happiness and prosperity. Be clean and you will be healthy, is as forcible a truth as "Be virtuous and you will be happy!"

THE Secretary of the Polk County Board of Health in reporting the improved sanitary condition of that section, says that this great good has been obtained because there has not been so much "kicking" this year against the orders of the County Board.

Then the Thorns Will be No More.

In the serious affairs of life people frequently take the least concern. Prejudice and ignorance are the twins born of this influence, and every reform must stand up against them. Unfortunately, too, it seems that truth has only its own inherent energy with which to arm its advocates. Never were prejudice and ignorance the champions of reform, or of the general betterment of things, and they are the giants that must down before Sanitation and kindred kindly science can prevail. It is a bold hard fight for the triumph of right measures for human good! Those who labor for reform seize a bull by the horns, a bull disposed to hook and gore and cast down and trample under foot! If truth, urged and forced to the front, had not the destiny of a triumph in the face of prejudice and ignorance, it would succumb. Lives are the hewn path to success. Graves are the monuments of workers! The work of reform will go on, for the victory of sanitation will crown the workers! Light is coming to shine so that the people will see the truth, and for the truth's sake believe; then the road will be strewn with roses and the thorns will be no more!—
Written for the "Notes" by Horatio Crain of Key West.

Typhoid Fever.

The long drought which has prevailed in the State, by lowering potable water in cistern tanks and shallow wells, has had much to do—in fact, has been the chief cause of the increase of cases of Typhoid Fever over the number of last year; but to ascribe the occurrence of all the cases in the State to defective hygiene in special localities would appear to be both unjust and illogical. The Northern press, particularly that of New York, by sensational headlines, and articles as well, has lately endeavored to represent that there existed at the hotels in St. Augustine and Tampa defects in the sanitary arrangement of these hostleries calculated to originate the poison which in turn produces Typhoid Fever. Whether the charges of these papers are the outcome of ignorance of facts,

or are made through malicious intent to injure those winter resorts, it is evident that, to make such sweeping statements, that persons arriving at either St. Augustine, Tampa, or any other portion of the State, from points beyond the State, and from the large centers of population, could develop in a day or two residence in the State Typhoid Fever from causes directly attributable to these localities, displays an ignorance of the nature of the disease in question which an intelligent public must reject.

The State Health Officer has made a careful personal examination of the larger hotels in St. Augustine and Tampa, and has no hesitancy in saying that his observations have developed nothing in the sanitary construction or the potable water of these hotels calculated to produce Typhoid Fever or its allied diseases. Therefore, the belief is expressed that in the large majority of the cases the producing cause was imbibed by the individual elsewhere and before arriving in the State. The tourist travel the past winter to St. Augustine and Tampa was unusually large and, it is learned, was principally from the West. Chicago is known to have had a large number of cases of Typhoid Fever during the autumn and winter, due, it is said, to impure lake water from sewerage pollution. Other towns of the West and East have been similarly unfortunate in this respect. Havana, the Mecca of the tourist travel during the winter, has had quite a prevalence of this disease, as may be seen from the report of the United States Sanitary Inspector attached to the Consulate at that point. Is it not possible, and even probable, that many of these pleasure-seekers coming from these points contracted the disease in these points to develop elsewhere later on in their travels? The belief is firmly expressed that with the bettering of the hygiene and sanitary systems of the towns in the State, particularly of the larger cities, by instituting sewerage and sub-soil drainage, the abolishment of tanks for potable water storage, Typhoid Fever will notably decrease in prevalence in Florida, for it has already been noted that a better health prevails than formerly in those places in the State where artesian water from great

depth is freely used for domestic purposes, and sewerage has taken the place of the midden and bucket system.—*Extract from State Health Officers' Third Annual Report.*

Cholera Reported from Dade County.

One of the many rumors run down by the State Board of Health the past month was the report of a case of cholera in the person of a man, named Boyd, who died at Miamia, Dade County, quite recently. A travelling agent of one of the railroads running through South Florida, came to the office of the Board and informed the Executive Officer of the rumor current in that section. While no credence was given the report it was immediately investigated. Hon. F. S. Morse, member of the Dade County Board of Health, resident at Miami, ran the canard down and reported it at once.

Sanitation not Quarantine.

Commenting on the danger of epidemic disease that is more or less threatening, *The Pacific Medical Journal* very truly and impressively says that "sanitation" and not "quarantine" is the watchword of the modern sanitarian, for, while you stand guard with muskets, pointed seaward ready to blow the microbes skyhigh, the little imps will crawl in under your very noses, establish themselves wherever they find food and climate to suit, and hold high-jinks before you are aware of their presence. Therefore, if you would escape, LOOK TO WITHIN RATHER THAN WITHOUT.—*Annals of Hygiene, October, 1892.*

Tuberculosis.

In 1887 Congress appropriated \$500.00 for the investigation of tuberculosis in cattle and hog cholera—more than it has ever appropriated for the prevention of diseases in man, and yet from a mere financial standpoint, all the cattle and hogs in the United States are not worth so much as the lives sacrificed each year to the diseases which we know how to prevent.—*Prof. A. A. Clark, Lansing, Mich.*

Our Weather Service.

The State Weather Bureau, under the able management of Mr. E. R. Demain, has its office in Jacksonville, from which point the monthly summary of observations is dated and sent. The State Board of Health is a contributor to this service and for the information of its readers gives a synopsis of meteorological notes for each previous month.

"Health Notes."

The HEALTH NOTES has received, of late, many kindly notices from individuals and from the press of the State. We thank each and all. An appreciation of the efforts of the State Board of Health in the direction of sanitary and hygienic education can be best shown, however, by sending the NOTES items, concerning health matters, from the different sections.

Diphtheria from Rags After Nine Years.

Dr. Rhena has traced six cases of Diphtheria to a sack of old rags taken from a house in which malignant diphtheria had prevailed nine years before, and in which they had remained undisturbed in the interval.—*Medical Record.*

A Dense Population.

There is a block in New York City, bounded by Ridge and Pitt, Houston and Stanton Streets, in which 2,985 people live. This is at the rate of a million people to the square mile, and this block is probably unsurpassed for density of population by any other block in the world.—*Tennessee State Board of Health Bulletin, September 20, 1892.*

Medical Progress.

The true system of medicine rejects nothing of the past that is worthy of a place in the domain of true medical science, and it adopts everything of the present that thorough investigation and experience has demonstrated to be valuable. No man is a friend to science who will attempt to throw the iron barriers around his dogmas.—*Medical Brief.*

A State Board of Health.

"Sanitary science is an element of high civilization.*** But the mere enactment of sanitary laws and the establishment of a Board of Health will not secure to the people the blessings of good sanitation. There is work, much work to be done, before we can realize the highest good of this new health institution.***** The first thing to be considered is that, outside of a few persons, knowledge and appreciation of what sanitary science is, and what a State Board of Health can do, are almost entirely lacking among the people. Scientists, sanitarians, physicians and a few others know, because it is either in their line or because they are inclined to general culture. The legislators who passed the bill were, most likely, ignorant of the subject; they enacted the law on trust, and on trust the people received it, because those who did know said that it was a good thing to do. Now while we may praise the spirit by which a State Board of Health was established, we may well tremble for its destiny when we remember that legislators and the people will not go on, year in and year out, maintaining a Health Board on trust. To perpetuate itself it must afford some practical and tangible good. This Board which I represent before you is on trial. It is new to the people. The good which it can do cannot be realized in a year or two years; its good will increase each year as it becomes more efficient and gains the co-operation of the people.—*Dr. E. A. Wood, of Pittsburg, Pa., on State Hygiene.*

International Quarantine Inspection Commission.

A commission from the Executive Committee of the National Boards of Health, represented by Dr. J. N. McCormack, of Kentucky, Dr. H. B. Baker of Michigan, Dr. P. H. Bryce of Ontario, Dr. I. A. Watson of New Hampshire, Dr. J. R. Laine of California and Dr. Orvanans of Mexico, commenced on August 31st an inspecting tour of the quarantine systems as practiced on the Atlantic coast. It was proposed to continue these investigations through the Gulf

and up the Pacific coast, but upon the appearance of Cholera in New York City it was thought best to defer further inspections for a few weeks, as each member of the Commission was connected either as an executive or member of some health organization of his State, and the uneasiness of the public generally demanded their immediate presence at home. From press notices of interviews with these distinguished Sanitarians it is learned that much dissatisfaction and disappointment is expressed at the inefficient appointments of the quarantine stations as far as visited—Delaware Breakwater. The paucity of properly constructed disinfecting plants for super-heated steam disinfection and sulphur dioxide fumigation, or the total want of these necessary disease destructive agents were apparent at the stations visited and commented on. This is to be wondered at when it is considered that the portion of the Atlantic coast so far touched at by these scientists embraces what has generally been considered to be the section of the United States noted for wealth, public spirit and a generous lavishing of funds, wherever necessary, for scientific or sanitary purposes. It is to be hoped that Dr. McCormack and his confreres will resume their inspections very shortly, and we think that at Charleston, S. C., Mullet Key and Pensacola, Florida, Mobile and New Orleans they will find quarantine stations so well equipped that there may be no occasion given to complain, but rather to commend.

Quarantine and Statistics.

The attention of those interested is particularly invited to the following sections of the Rules and Regulations of the State Board of Health of Florida:

POWER TO QUARANTINE.

SEC. 17. No quarantine regulations of commerce or travel (seacoast or inland) shall be instituted or operated by any port, place or county of this State against any other port, place or county in this or any other State, or any foreign country, except by the permission of the State Board of Health.

COLLECTION OF VITAL STATISTICS.

SEC. 14. Every birth and death occurring in this State shall be reported by the attending physician, midwife, nurse or head

of family, to the Board of Health of the county wherein such birth or death occurred (provided that in the non-existence of a County Board of Health such reports shall be rendered direct to the office of the State Board of Health) before the first Monday in the month succeeding such birth or death, in accordance with the forms prescribed by the State Board of Health.

SEC. 15. Every County Board of Health shall collect and transmit to the Secretary of the State Board of Health on the first day of each month a report of the month previous of the vital statistics of the county, with a statement of the prevailing diseases during the month previous, and also any other information of a medical or sanitary nature that may be of value in the preservation of the public health. [N. B.—Blanks suitably prepared for the purpose of these reports, and observations will be furnished free on application to the Secretary of the Board of Health.]

Another Canard.

An Associated Press Dispatch placed on the wires about midnight, September 19th, stated that a Wilmington, Delaware, workman, employed on Lorillard's house-boat, *Caiman*, had died at New Smyrna, Florida, with yellow fever, and that there were other cases. The *Times-Union* immediately referred the report to the State Health Officer, who asked that the Associated Press representative be requested to place a flat denial on the wires, if consistent with facts, which was done; the denial following the false report within forty minutes. The next morning the matter was taken up with the Volusia County Board of Health; their official denial of the rumor was secured by wire, and, later, a full history of the deceased and his associates.

Diphtheria.

Health Officer, Dr. C. J. Burroughs, of Jacksonville, reported one death from this disease in that city during September.—Every precaution was taken and no further cases reported. The child had just returned from Atlanta, Ga., where it is probable the disease was contracted.

The Marion County Board of Health reported a death from the same cause September 15th, as occurring in Ocala. No further cases.

Don't Get Excited.

If there is a request of more importance than any other yet made of the public of Florida by the State Board of Health, it is to avoid being panicky and sensational about health matters. Do not believe every rumor that you hear or story that is told you. Above all things be chary of the individual who has seen a letter saying such and such a disease prevails in a locality. These letter writers are invariably hysterical women, who little realize the immense amount of damage that their excitable vaporings cause. Therefore we beg each and every one of Florida's 400,000 inhabitants to keep cool! Don't lose your head! Don't make yourself or your friends ridiculous by hatching up and repeating ghost stories! Don't be a "Calamity Liar"!

A Move in the Right Direction.

At a recent visit to Key West the State Health Officer was pleased to note an awakening by the municipal authorities of that city to the demands of sanitation, by a rigid enforcement of an ordinance on cleanliness. Everywhere could be seen the cleaning up process; the city scavenger carts being taxed to their utmost to keep up with the rakings-out of the householder. The State Health Officer hopes that this work is not done in Key West and in other towns merely or under the influence of the present Cholera "scare." Our protection from disease lies in good sanitary and hygienic surroundings and in tidily and well kept cities at all seasons.

Co-operation.

We inadvertently omitted, in our last issue (August), to invite special attention to the contribution from the gifted pen of Col. Horatio Crain of Key West. The article entitled "Co-operation" appeals so strongly to the thought as well as the duty of every medical man in the State that we know the physicians of Florida must approve of the sentiment set forth, and will in future lend more of a helping hand to the formation of vital statistics and the general enlightenment of the masses on sanitary subjects.

Note That

We desire it to be understood that the short articles on sanitary and hygienic subjects, appearing in the "Notes," are intended especially for the non-professional reader. We aim to be plain in language, and, therefore, easily understood. We appreciate the fact that the majority of our readers understand simple terms only as respects the human system, and therefore all technical phrases will be avoided as far as possible. We trust that our professional brethren may not criticise too minutely. The "Notes" does not assume to be a medical publication, but a help to *every-day* folks to keep well.

Small-pox and Anti-Vaccination.

A cable despatch says that an epidemic of small-pox has broken out in the town of Leicester, and that English sanitarians are watching its progress with considerable interest. The people of the town have, for years, strongly resisted every effort to enforce the law requiring the vaccination of children, and the Government concluded to leave the people alone. Small-pox had not invaded Leicester until very recently. Physicians and others, interested in sanitation, have expressed the opinion that, if it ever gained a foothold, it would ravage the town, and now their prophecy is in course of fulfillment.—*Medical Record, Sept. 24, 1892.*

Cholera.

Not a case of cholera at New York Quarantine since the 21st, and none in the City of New York since the 20th of September. Any new cases developing will be due to infected things or a new importation. The Cholera "suspects" are nearly all distributed, and but one infected steamer remains in isolation. All the cases imported were either Russian or infected from there, and all came from Hamburg and on one steamship line. The outbreak in France seems to have had another origin than the Hamburg epidemic, and it is well to remember that neither is ended!—*Public Health Bulletin of Minnesota.*

Additional Rules and Regulations.

The following rules and regulations were adopted by the State Board of Health September 17th, 1892, and are here printed for the benefit of the uninformed on the subject:

INTER-STATE QUARANTINE AND MEDICAL INSPECTION.

Under authority granted by Section 12 of the act creating a State Board of Health, approved February 20, 1889, the State Board of Health of Florida hereby adopts the following rules and regulations governing inland or inter-State detention and inspection of passengers, baggage and freight from infected points:

SECTION 1. Whenever yellow fever, cholera, small-pox, or any other contagious or infectious disease shall exist or prevail in any city or town of any State of the United States, Mexico or Canada to such an extent as may be adjudged by the State Health Officer to endanger the health of the inhabitants of the State of Florida, through railway, stage, steamboat or other medium of inter-communication, then all individuals entering the State of Florida from such infected locality by means of such railway, stage and inland water navigation companies shall be detained at such points on or near the border line of Florida, as may be selected by the State Health Officer, for observation of passengers and treatment and isolation of sick, and for fumigation of baggage, freight and mails.

SEC. 2. Any individual or individuals found upon any railway train, stage-coach, steamboat or other conveyance, from any city, town or place of any other State of the United States, Mexico or Canada, suffering from any epidemic, contagious or infectious disease, and all such persons who, in the opinion of the medical inspector at any quarantine station may reasonably be suspected of having been subject to infection or contagion from such individual or individuals, shall be detained for treatment and observation as specified in Section 3.

SEC. 3. All passengers detained under provisions of Sections 1 and 2 will be detained for such treatment and observation not less than ten days, or for such further time as the State Health Officer shall deem necessary for the safety of the public health.

SEC. 4. No railway or stage line, or any person, company or corporation shall be permitted to bring any passengers from any city, town or place in any other State of the United States, Mexico or Canada, where epidemic, contagious or infectious disease

exists, to any city, town or place in the State of Florida, without undergoing such detention as is specified in Section 3.

SEC. 5. Persons desiring to enter the State of Florida on any railroad, steamboat or stage coach, or otherwise, passing any Quarantine Station, will be required to produce to the inspecting officer, duly appointed by the State Health Officer, a certificate, signed by the Mayor, under the corporate seal, if said person is from a municipal corporation, and if not from a municipal corporation, then a certificate from a Justice of the Peace, that said person has not been exposed, either in person or baggage, to infection or contagion within fifteen days before the date of said certificate: *Provided*, Said certificate shall bear date not more than five days prior to such presentation; otherwise said person or persons and his or her baggage will be detained at such Quarantine Station as provided for in Section 3.

SEC. 6. No bedding, household goods or rags shall be brought from any city, town or place of any other State or country where epidemic, contagious or infectious disease exists, into the State of Florida.

SEC. 7. No personal baggage of the description usually carried in trunks shall be brought into this State from any city, town or place of any other State of the United States, Mexico or Canada, where any epidemic, contagious or infectious disease exists, without first being subjected to thorough disinfection by an agent of this Board by superheated steam, dry heat of high temperature or medicated vapor, according to the nature of the article.

SEC. 8. All day sleeping or other railroad cars, stage-coaches or other conveyances, steamboats or other craft on which any epidemic, contagious or infectious disease is found to exist, and all through sleeping cars coming from infected points, shall be detained and thoroughly disinfected by an agent of this Board before being allowed to enter the State of Florida.

SEC. 9. No freight, mail or other goods, not heretofore provided for, shall be brought into this State from any city, town or place of any other State of the United States, Mexico or Canada where epidemic, contagious or infectious disease exists, without first being thoroughly disinfected by an agent of this Board; except such freight as may in the opinion of the State Health Officer be deemed free from danger of infection or contagion.

“MORE people die each year in the single City of New York, from diseases which are clearly and positively preventable, than were lost to the country during any one year of the great sectional conflict of 1861.”

Meeting of the Board.

The State Board of Health met at Jacksonville, September 17th, 1892, pursuant to the President's call for a special meeting. In addition to the Board there were present, by invitation, Dr. R. P. Daniel, Ex-President of the State Board of Health; Dr. J. Louis Horsey, of Fernandina, Assistant State Health Officer; Dr. Henry Robinson, Mayor of Jacksonville and President of the City Board of Health, and the Board's legal advisers, Messrs. Call and Adams. The Board was called together at this time more in evidence of its being thoroughly alert than because of any immediate need for action; the executive officer of the Board having, at the first threatenings of danger, adopted the necessary precautions. Some changes and additions, however, were made to the existing rules and regulations to more fully meet the requirements of the interstate quarantine and medical inspection, and arrangements perfected for another meeting at an early date, should the occasion for alarm increase. On another page will be found the rules adopted governing interstate quarantine and medical inspection.

Omission of Statistics.

The vital statistics of the State, for the month of September, are omitted from this number, because we desire in future to issue the "NOTES" on the first of each month, or immediately thereafter. Accordingly the statistics for September will appear in the October "NOTES"; those for October in the November issue, etc., etc.

Notelets.

SMALL-POX is reported from various States. The Boards of Health of those Counties which neglect vaccination may expect to have this disease on their hands at any moment; the winter tourist travel being our source of special danger.

NASSAU, Orange, Alachua, Escambia, Duval and Leon Counties are pushing an active crusade in the matter of vaccination.

ABOUT the middle of September the State Health Officer issued 2,000 copies of a circular letter regarding the cholera outlook. It was printed and reprinted throughout the State by the newspaper friends of the State Board of Health. It was veritably strewn broadcast throughout all Florida.

"OH THOU blessed health! thou art above all gold and treasure. 'Tis thou who enlargest the soul and openest all its powers to receive instruction and relish virtue! He that hath these hath little more to wish for, and he that is so wretched as to want these, wants everything with them."—*Sterne*.

THE cost of maintaining the Health Department of "The City of Atlanta, Ga.," for the year 1890 was \$24,557.19, and for 1891 \$27,120.16. The money expended by the Florida State Board of Health for the year 1890, was \$40,406.03, and for 1891 \$23,175.87, including the cost of the erection of the Mullet Key Quarantine and Disinfection Station, and purchase of Patrol Steamer *Missoe*.

THE Psalmist says: "I said in my haste all men are liars." If he had any reference to the "calamity" class of yellow fever newsmongers, as Bill Nye remarks, he need not have been in such a hurry, but could have taken all summer to have made the statement; made a type-written copy and then not half expressed his honest opinion and contempt of these despicable wreckers of household quietude and commercial interests.

IS THERE any sane man or woman in Florida who really desires a return to county quarantine with shot-gun accompaniment, whenever a "suspect" comes under medical treatment? Does anybody want the whole country—especially the neighboring Southern States—looking with suspicion on Florida and refusing to continue close commercial relations with her? This is exactly what a repeal of the present health law would mean. The *Times-Union* is not prepared to believe that there is anybody of good sense in the State of Florida who would favor such a short-sighted, ruinous policy.—*Florida Times-Union*.

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MEMBERS OF THE STATE BOARD OF HEALTH.

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What We Owe Ourselves.

That "self preservation is the first law of nature" is a proposition the truth of which has never been questioned. To resist bodily injury is as natural as to comply with any other of nature's laws. From the lowest to the highest in the scale of nature's development this principle exists, and may be therefore very wisely conceded to be a divine attribute—a God-given quality. How much of this accepted dogma does the public generally apply to the preservation of health, and the prevention of disease and mortality? It is acknowledged that one is justified in preventing by force, even to the extent of taking life, any act of violence whereby life is jeopardized, but with what force does he resist the attack of the insidious enemy—disease—whereby life is as certainly threatened, and health—that greatest of all blessings—destroyed?

What do we owe ourselves? That is the query which should interest us all. That we should so live that health may not be impaired, strength wasted, nor life prematurely shortened.

We owe it to ourselves that our dwellings be constructed with due regard to dryness, air space and ventilation.

We owe it to ourselves that we maintain no nuisances dangerous to health about our premises; but that all the surroundings be clean and sanitary.

We owe it to ourselves that the person and the garment shall be clean, and that our habits shall be cleanly.

We owe it to ourselves that our food and drink shall be wholesome and digestible, and no more than nature requires. It is said that the average American eats too much, and there is truth in the statement. Gorging is a fruitful source of disease, leading to dyspepsia and allied ailments.

We owe it to ourselves to assist by act and counsel those who by law are especially charged with a watchful supervision of the community to prevent the production of disease or its introduction from abroad.

We owe it to ourselves to give prompt notice to the health authorities of any suspicious illness in our families, so that timely advice can be given to prevent the infection of other members, and avert much sorrow and unhappiness.

We owe it to ourselves to take an active and aggressive interest in the battle of intelligence against ignorance; sanitation against disease, and transform the "manly art of self defense" from the idea of brute force to the idea of human intelligence, and wage the battle with Sanitation as the champion who is to "knock out" and conquer the bully of the human race—disease.

Health and Morals.

As a physician I am strongly moved to use this rare opportunity to preach a brief medical sermon. My text is taken from the first chapter and the first verse of a late writer on hygiene: "Hygiene aims to make growth more perfect, life more vigorous, decay less rapid, death more remote."

To this rather material statement I would add another. The highest usefulness in life is only possible with the highest standard of health. I no longer wonder that the ancients worshipped health—the fair goddess Hygeia. Be pleased to observe that this was a feminine deity, a goddess of health. The fact is not without meaning. So great is my reverence for supreme wholesomeness that I should almost be tempted to assert that perfect health is virtue. At least, as a physician, I like to say that in my opinion, and for men in general, health, the best health, is essential to the attainment of that efficiency which makes duties easy and resistance to temptation a normal result.

Speaking of the higher, the spiritual development of man's faculties, a famous divine has said: "Yes, it is a good thing to be born again, but he who wins this new birth will be better born again for having first been well born." The truth, the largely applicative truth of this epigram, comes home to every physician who has seen how much of the usefulness of the good and the productiveness of the intellectual is crippled or lost because of physical failures, due to follies in education or to impairments growing out of preventable maladies.

I have a fixed belief that a population below the normal level of health is sure to be also below the normal of goodness. I am as firm a disbeliever in the utility of long disordered health to make men better. You remember what Becky Sharpe said of goodness: "I should have been a good woman had I had £5,000 a year" Trust me, a large income of health means for the many capacity to live at their moral best for themselves and for their fellows. Poverty of blood, like poverty of pocket, has its temptations.

Others, to-day, will tell you how the ill health which comes to masses of men in epidemics affect the economic prosperity of the community—how vast is its influence, how untraceably far-reaching. I have chosen, rather, to hint at the ill results as to morals which may arise from lowered health, owing to the poverty it entails, the direct and indirect temptations it creates, the self-indulgence it fosters in a variety of forms. It were easy to point this moral with many a sad tale. The story of every great epidemic—the plague, the cholera, yellow fever—is dark with histories of human baseness. But there are in our vast cities influences more or less capable of remedy, which cause no death and put none at once to bed, and which nevertheless entail on communities lowered conditions of health, affect the enterprise and spirits of men, and morally and mentally depress, so as in subtle ways to cause degradation, desire for alcohol and degenerative changes.—*From address of Dr. S. Weir Mitchell at the opening of the New Department of Hygiene at the University of Pennsylvania.*

Sanitation.

"The annual mortality is not fixed by law, but is ever subject to widest fluctuations, and the death rate of any city or State is largely a question of intelligent oversight. The late Dr. Chadwick of England, who was called the apostle of public health, calculated that if present knowledge was made fully effective, the death rate of such countries as England and the United States would not be over fourteen in each thousand. Dr B. W. Richardson places the national death-rate at eight in each thousand. As opposed to these figures Doctor Walcott of the Massachusetts State Board of Health finds that the average mortality for that State is 19.4 per thousand. The death rate for the entire country is not less than this.

"The sanitarian attacks this problem with the firm belief that the death rate is too high, and that it may be lowered by his personal efforts. He selects a favorable locality for his investigation—the crowded ward

of some great city. He stops up a well here and there and introduces a new water supply, brought in clean pipes from a distant source. The death rate, which was thirty-five in each thousand, falls to twenty-seven. He looks after the plumbing and the sewerage and the mortality is less than twenty-five. He guards the drink of infants, teaching mothers to care for as well as love these atoms of humanity, and five additional lives are saved each year. Thus by the very imperfect enforcement of the simplest of sanitary laws amid unfavorable surroundings, and in the midst of a people often besotted as well as ignorant, the mortality has been lowered forty per cent. In other localities under favoring conditions the same efforts would bring the mortality below fifteen to the thousand. Such a fall in the death rate is not unknown in actual experiences. It has been accomplished in scores of places, and even throughout States and countries.

"Opening a tunnel under Lake Michigan in order to provide pure water for the city of Chicago, reduced the annual mortality from thirty-eight (the highest in the United States) to twenty-one. Vaccination has banished small-pox from the German army and from the German Empire. As a result of gross carelessness, this filthy disease is spreading throughout the army of France, when it should be driven from the world. Who doubts that diphtheria might become as rare as small-pox, or even be relegated to the museum for fossil diseases if, like small-pox, it were proscribed? It is far more fatal than yellow fever, and more terrible in its effects upon the system, and yet we are so accustomed to the name, and so familiar with the thing itself, that only a small per cent. of actual cases are reported to health officers or come under the care of physicians. The same words apply to very many of our most common diseases. We tolerate them because we are accustomed to them, and, therefore, do not appreciate their full danger."—*Dr. E. T. Nelson, Delaware, Ohio.*

COUNTY health officials and the public generally will at all times be most cordially welcomed at the office of the State Board of Health, Law Exchange Building, Jacksonville, Fla.

Physicians, Read!

"Physicians abdicate their claims as leaders in sanitary matters by declining to serve on boards of health or as health officers. Do not the people look in vain in such cases for leadership to the men who ought to be their leaders? The consequence is that in the presence of pestilence the physician is often unqualified to give safe advice, and must either, with shame, acknowledge the truth, or essay, in his conscious or unconscious ignorance, to lead the people who trust him. While all physicians are, or ought to be, *theoretical* sanitarians, would it not be wise for them to seize every opportunity to make themselves *practical* sanitarians?"

Reduction of the General Death Rate.

There is a belief that the death rate is reduced by modern civilization and sanitation. It is interesting to be able to secure positive observations supporting this belief. It is well-known that in England and Wales such observations have been made extending over a long term of years. Farr's *first* life tables were based upon the mortality in 1828 to 1854, in England and Wales. Comparing this with the last life table, we find a gain of about a year and a half upon the length of life of each male. Hence a million males would live 1,439,000 *plus* more years than during the period of the old table. The expectation of life at birth of females has been augmented by two-and-three-quarter years. Two millions of population will thus live more than four millions more years than they would during the period covered by the old table; or sixty millions of people would live one hundred and twenty millions more years than they would have done at the beginning of the present century. Further, the gain in these lives is mainly between 25 and 65—the most valuable portion of life. According to Farr the minimum value of each life is about \$800. It is easy to see that the monetary gain from this reduction of death rate has been enormous.

In Rhode Island the average age of all persons at time of death, during the ten years beginning with 1860, was 30.6 years. The average age of those who deceased during the ten years beginning with 1880 was 33.5 years. The gain in general longevity, it will be seen, was nearly three-and-a-half years.—*Rhode Island Monthly Bulletin*, October 1892.

Our reports for 1891 show that in Florida the average age of all persons dying in the year 1891 was 27.98. Only by the perpetuation of a Bureau of Vital Statistics will we ever be able to know whether life is growing longer or shorter in Florida, or show the world what Florida has to offer towards support of a claim for the longevity of her citizens.

The Scientific Study of Food.

Professor W. O. Atwater, in an instructive article in *The Forum* for June, points out the curious fact, that, in the extraordinary applications of science to practical problems in recent years, one of the most important fundamental problems has been strangely overlooked, viz., the scientific study of food. The coming man will avoid four mistakes that are now largely made: (1) he will not buy as expensive kinds of food as are now generally bought, because some of the least expensive foods are the most nutritive and palatable; (2) with further scientific information the coming man will value foods in proportion to their nutritive qualities; (3) if foods are bought and eaten with reference to their nutritive qualities, and not to mere fashion or habit, it would require a much less quantity to keep a man in his best working condition than is now generally consumed; (4) there will be a revolution wrought in the present way of cooking, which is both wasteful and primitive, and far behind our advancement in almost every other art. Professor Atwater gives the results of practical studies in diets made to show these conclusions. And he asks: "Has man yet reached his highest development? The poorer classes of people—and few of us realize how

numerous they are—the world over are scantily nourished. The majority of mankind live on a nutritive plane far below that with which we are familiar. We may hope for the best culture, not of the intellectual powers, but of the higher Christian graces in the minds and hearts of men in proportion as the care of their bodies is provided for. Happily with advance of knowledge comes the improvement of man's conditions. May we not hope that the future development of their race will bring that provision for physical wants which is requisite for the best welfare of mind and soul?" President Dwight, in his article, also in the *June Forum*, on the recent action of Yale College in admitting women to its advanced courses, makes an eloquent discussion of the higher education of women in the United States.—*Science*.

Suspicious Sickness at Mullet Key.

The British steamship *Canton* arrived off the Mullet Key Quarantine Station on the 19th of October after a tempestuous voyage from Vera Cruz and Coalzacoalces, Mexico, with suspicious sickness on board. Though none of the crew, the captain excepted, went ashore at Vera Cruz, laborers came on board at that port to handle the cargo. At Coalzacoalces, the last port from which the *Canton* sailed, the crew were allowed full shore privileges. On the 15th, on the passage from Mexico, two men were taken sick with a chill, followed by high fever. On arrival at the station the sick men were removed to, and isolated in, a floored tent for treatment and observation. The same day the State Health Officer (who seems to visit this station most opportunely) concurred with the medical officer in charge of the station in a diagnosis of remittent fever, probably engendered by over-exertion and exposure during the hurricane encountered on the passage. The sick are now convalescent, and the vessel, after disinfection and fulfilling the other requirements of the State Quarantine Service, will be given *pratique*.

The People's Agents.

It is the supreme office of the State to conserve the health, happiness and prosperity, of the people thereof. Within the limitations of State lines the people seek to be served in their several interests, and through the form of a State government, and through their agents as State officials, the people see to it that their interests are cared for.

The State does not undertake the general defense—that is left to powers granted the Federal government—but the State has to do with the minuter affairs of life, as in protecting the citizen from personal or murderous assault, and what more personal or murderous than the sweeping epidemic of a fatal malady? The State is delegated by the people thereof to protect the property of the citizen, and what property is more highly valued than the property in life itself?

As the people grow to see that the State Board is their agent, ever watchful for the public health, they will cherish its work and respect its power and authority; for its work is theirs, as all the authority for it comes from them, sorely to be exercised for their good.

No good citizen would strike down the guardian of his life, peace and property, as he faithfully paces his rounds in the silent watches of the night. The State Board is ceaselessly watching; it sleeps neither day nor night. Its measures go on; its means prevail. Its responsibility is unceasing and as great as the lives in its keeping are precious, and its success is the success of the people, doing the people's work through the people's agency—the State Board of Health. Is it necessary then to ask for every citizen's intelligent, hearty support of their agents—the State Board of Health?—*Horatio Crain, Key West, Fla.*

CHOLERA is a practical preacher, and demonstrates its doctrine by its works. Whenever it finds a people disregarding the lessons it has taught before, it wastes no time with argument—it simply kills them.—*C. A. Lindsley, M. D.*

Two More.

During the month of October the State Board of Health was called upon to correct, as far as possible, the evil caused by two more "Calamity Liars"—a rumor of cholera in Fernandina and a report of yellow fever at Tarpon Springs.

In the early part of the month a prominent man of Fernandina stated positively to several gentlemen in Jacksonville, among the number two newspaper reporters, that there was cholera in Fernandina. He said that a vessel from one of the foreign infected ports had entered the Fernandina harbor, been inspected, disinfected, detained the usual time by the Port Sanitary Inspector, and then pronounced safe and given *pratique* to proceed to her dock. A few days after one of the crew was taken ill with cholera at a sailors' boarding-house in "Old Town," and that the vessel had been returned to the quarantine ground. Before publication the State Board was advised of the rumor and it was stamped a canard.

October 3d a communication was received from the Board of Health of Escambia County stating that St. Marks had quarantined (in violation of Section 17 Rules and Regulations of the State Board of Health) against Tarpon Springs on account of rumors of yellow fever. Investigation developed that the St. Marks' authorities had not quarantined the town of Tarpon Springs, but had isolated a man and his family direct from that place who wished to locate at St. Marks; this man himself having stated that his reason for leaving Tarpon Springs was on account of yellow fever there.

Both parties will be dealt with as is contemplated by Section 766 Revised Statutes.

Do Doctors Get Cholera?

The impression that the physicians who attend cholera patients do not get the disease is not well founded. Of the fifty doctors who went to Hamburg to assist in the work there hardly one, we are told, escaped a more or less severe choleraic attack.—*Medical Record.*

Diseases and Accidents of Great Crowds.

The medical history of the great Columbian celebration, which produced so much enthusiasm in this city last week, deserves some attention, and if it could be completely written would be most interesting. There were properly four hundred thousand or five hundred thousand visitors during the week, and perhaps a quarter of a million persons crowded the streets along which the parades were held. It is estimated that two hundred persons were more or less hurt or taken ill. The census (as gathered by newspaper reporters from the police reports and hospitals) makes the number about one hundred. Our readers will be interested in the list, as showing the accidents and disease of great crowds. It is as follows: Fainting, 35; hysterical seizures, 3; epileptic fits, 11; sprains, 3; run-over, 3; fractures, 10 (one of the arm, two of the skull, seven of the legs); falls, 11; cramps, 1; dislocation, 1; burned (mortally) 1; struck by brick, 1; "taken sick," 13. Total 94.

This shows that fainting is the most frequent pathological phenomenon, that crowds are bad for epileptics, that falls and fractures are numerous, and that delicate people are liable to be "taken sick." On the whole, the record is not a bad one considering the enormous congregation of people. The reports also show that the sick and injured were promptly and efficiently cared for, and our much abused ambulance service evidently did yeoman's duty on the occasion.—*New York Medical Record*.

Ice Water.

A great deal is said about the danger of drinking iced-water, with the thermometer at 97° F. It may be well to say something about the danger of not using it, about the great suffering without it, and the relief from employing it. Iced water slowly drank in moderate quantities, is not only a great boon to the over-heated and thirsty man, but it is a necessity in this summer climate.—*The Post-Graduate*.

One Epidemic.

"If the physician who treated the first case of typhoid fever at Plymouth, Pa., had secured the destruction or thorough disinfection of the dejections from that case there would have been a tremendous deficit in the "professional revenues." To be sure the people would not have known the terrible calamity which was averted, and would not have even recognized his humane and intelligent skill. But when a man comes to settle with himself where would he prefer to be? With the one who indifferently or ignorantly allowed the seeds of that scourge to be sown under his eyes, or with the one who, unseen and single-handed, throttled the monster at its birth, and saved the people? That epidemic cost \$67,000 direct. The loss of earnings reached over \$30,000. But how shall we measure the distress incident to 1,200 cases of sickness in a population of 8,000, and the loss to families and the State growing out of 114 deaths? The State Board of Health of Pennsylvania, or Ohio either, would have furnished to any one all the information necessary to have prevented that epidemic without expense beyond the cost of a postal card. Plymouth saved that cent, and poured out \$100,000. Sanitation is comparatively cheap."—*T. Cla ke Miller, M. D.*

In the Interest of Sanitation.

Probably the largest and most important meeting of the American Public Health Association ever held will be that which is to convene in the City of Mexico on the 29th of November. Representatives will be there from Mexico, Cuba, Central and South America, while every State of the Union will send delegates. Great results are anticipated from the active co-operation of the different countries with ours, looking to the gradual stamping out of yellow fever in its primitive foci, the adoption of a uniform system of quarantine, and other sanitary matters of equal importance.

SINCE 1875 England has spent about \$43,550,000 in sanitary works.

An Inch of Rain.

We have been struck with that passage of Lieut. Maury's "Physical Geography of the Sea" in which he computes the effect of a single inch of rain falling upon the Atlantic Ocean. The Atlantic includes an area of 25,000,000 of square miles. Suppose an inch of rain to fall upon only one-fifth of this vast expanse, "It would weigh," says our author, "360,000,000 tons, and the salt, which as water, is held in solution in the sea, and which, when that water was taken up as vapor, was left behind to disturb the equilibrium, weighed 16,000,000 more tons, or nearly twice as much as all the ships in the world could carry at a cargo each. It might fall in a day, but, occupy what time it might in falling, this rain is calculated to exert so much force—which in inconceivably great—in distributing the equilibrium of the ocean. If all the water discharged by the Mississippi River during the year were taken up in one mighty measure, and cast into the ocean at one effort, it would not make a greater disturbance in the equilibrium of the sea than would the fall of rain supposed. And yet, so gentle are the operations of nature that movements so vast are unperceived."—*Exchange*.

Malaria.

Malaria means literally "bad air," and the term comes from Italy, where the disease in the neighborhood of Rome does such serious harm, particularly to those not acclimated. It is caused by a little organism or parasite, not a bacillus, which gets into the blood and takes all the life out of the little blood corpuscles. The term malaria includes intermittent and remittent fevers. The germ lives and thrives in low marshy regions where there is stagnant water, and is most prevalent in the autumn. When frost appears the germ is quickly destroyed. Children are not so apt to have this disease as adults, but when it does appear the physician should be called at once. Unlike some other diseases, those who have had malaria are more apt to have it again.—*The Mother's Nursery Guide*.

Walking.

Walking, if properly and regularly followed, would become not only a restorer of health to many who to-day are on the road to disease, but also a source of pleasure. Let the arms swing if you feel like it, and the limbs, too; open the nostrils and fill the lungs, and the movements will send a gentle electric vibration through the entire body, the result of which is the awakening of new life.

Never take the lazy gait, as it soon makes one tired, and produces languor. A little perspiration on the "home stretch" may prove to be a blessing, not only in carrying effete matter from the body, but in bringing an increased supply of oxygen into the blood, and putting the blush of health upon the cheek.

Perhaps the best time to walk is in the early morning. The air is then the most highly charged with the life-giving oxygen, and the freest from dust, smoke, etc., of traffic, which rises later in the day. At this time also the mind is liable to be more free from worry and anxiety, hence in the best condition to drink in the blessings of freshness for us on every hand.—*Medical Brief*.

Dusting.

There is an art in dusting which does not receive the attention it demands. According to the various analysis of different observe s, the components of ordinary dust exhibit special characters in almost endless variety. Mineral matters, animal and vegetable debris, morbid germs, and whatever is small and light enough to remain for any time suspended in the air falls into the category, and amongst those things are many substances that in the air do mischief. The spread of cholera and exanthematous disease has, doubtless with truth, been attributed to its influence. Methods of dusting, therefore, which merely removes the dust to another place, or fill the air with it, are not sufficient and are not harmless. It should be wiped, rather than brushed away, and carried off or destroyed. Then let the sunlight in to kill what infection may remain.—*Popular Science Monthly*.

Period of Incubation.

Twenty-three well-known communicable diseases, though open to exceptions, are fairly regular. These diseases are grouped according to their stages of incubation into five classes—shortest, short, medium, long, longest.

Shortest—1 to 4 days: Plague, cholera, malignant pustule and dissection poison.

Short—2 to 6 days: Scarlet fever, diphtheria, croup, erysipelas, whooping cough, influenza, glanders and pyemia.

Medium—4 to 8 days: Cow pox and relapsing fever.

Long—4 to 15 days: Measles, mumps, small-pox, typhus, typhoid and yellow fever.

Longest—40 days: Syphilis and hydrophobia.

The period of incubation is that period which intervenes between the reception of the poison which causes the disease and the first manifestation of the effect.—*Extract from address delivered before the Sanitary Institute of Great Britain by Dr. B. W. Richardson.*

Legal Regulation of the Nursing Bottle.

In the department of Orne, France, a by-law has been enacted which says that "It is prohibited (1) to give to infants under one year any form of solid food unless such be ordered by a written prescription signed by a legally qualified medical man; (2) it is further prohibited for nurses to use, in the rearing of infants confided to their care, at any time or under any pretext whatsoever, a bottle or bottles with tubes." This is advance with a vengeance; but it is a step in the right direction.—*London Health.*

Diphtheria in Columbus.

COLUMBUS, O., October 27.—Special.—Diphtheria is raging in this city. Nineteen deaths are reported, and over one hundred people are at present ill with the disease. The residents are fleeing from the city.

The State Insane Asylum.

The September report from Dr. J. N. Smith, Superintendent of the State Insane Asylum, shows a decrease of three for the month; five new inmates being admitted and eight dying. The present number of occupants is, therefore, 267—143 white and 124 colored. The eight deaths reported were caused by senile decay, general debility, congestion of brain, apoplexy, inanition, paresis and Bright's disease. Sixty-four of the inmates were sick during the month.

Notelets.

SANFORD'S sanitary condition has been much improved of late.

THE Osceola County Board is one of the most reliable in the State.

SUWANNEE COUNTY has "come to the front," and next month we hope to place the vital statistics of that populous section upon our records.

THROUGH the agency of the State Board of Health fourteen thousand of the unvaccinated in this State have been protected against small-pox.

THERE is a law in Massachusetts against the practice of docking horses. A similar law was passed for the District of Columbia at the last session of Congress.

WHEN a man takes a full morning bath nine millions of mouths are open to thank him; for every pore of his body has separate cause to be grateful for his daily ablution.

THE attention of secretaries of County Boards of Health and licensed physicians is called to Sections 14 and 15 of the Rules and Regulations of the State Board of Health.

"THE day is close at hand when security of human life will be recognized for what it is—the real basis of all values. Education is all that is needed, and there must be a low moral tone in the community which, having learned the effectiveness of sanitation in the prevention of disease and the prolongation of life, refuses to use the means requisite to put and keep its surroundings in good wholesome condition."

Causes of Deaths During September.

Mortality Reports of the Twenty-six Counties and Two Cities of the State of Florida, below enumerated, during Sept. 1892, classified by Diseases

DISEASES	ALACHUA	BRADFORD	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL
Abortion																												1		1
Abscess, (Bowels).....																						1								1
Addison's Disease.....																												1		1
Alcoholism																													2	2
Apoplexy																												1		1
Bowels, Congestion of.....																							1	1					1	3
Bowels, Inflammation of.....						1												1									1		1	3
Brights Disease																							2					1		3
Bronchitis							1																		1			1	1	4
Burns			1																											1
Cancer, (Uterine).....																							1							1
Cancer, (Not stated)												1											1							2
Catarrh																1														1
Cerebral Congestion	2										1			1								1								5
Childbirth	2																													2
Cholera Infantum.....	1				2					1										1			1			1		1		8
Congestion, (Stomach).....																		1												1
Congestive Chill.....																												1		1
Consumption						1				3			1		1	1			1		1			1				5	1	16
Convulsions.....	1									1		1																2		5
Croup.....			1													1														2
Cystitis														1																1
Dentition																	1													1
Diarrhoea									2	2	3	1				1						1		1				1		12
Diphtheria.....															1													1		2

CAUSES OF DEATHS.—CONTINUED.

DISEASES	ALACHUA	BRADFORD	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL
Dropsy			1																									2		5
Drowned								1																				2		1
Encephalitis																												2		2
Enteritis																			1											1
Entero Colitis									1																					1
Fever, (Malarial)†	1		4						1	1	1			1		4		1	1				1		4	1		7	2	30
Fever, (Puerperal)																													1	1
Fever, (Typhoid)							1																1				2	5		9
Fracture of Skull																		2		1										3
Fracture of Spine																												1		1
Gastritis																												1		1
Gastro Enteritis	1																													1
General Debility	1						1																							2
Heart Disease								1					1			1							1	1				3		8
Hemorrhage, (Lungs)																			1											1
Hemorrhage, (Umbilical)							1												1					1						2
Hemorrhage, (Not stated)																						1								1
Hepatitis																												1		1
Inanition																												1	1	2
Insanity																		1										1		1
Jaundice																			1									1		2
Marasmus		1																				1						2		4
Measles									1													1						2		2
Meningitis	1				1									1					1				1	1						6
Paralysis								1										1										2		4

† Under this head is included the terms "Continued," "Protracted" and "Pernicious" Fevers.

CAUSES OF DEATHS.—CONCLUDED.

DISEASES	ALACHUA	BRADFORD	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL
Peritonitis		1					1					1		1														1	1	6
Pneumonia																												1	1	2
Poisoned, (Drugs).....										1																				1
Poisoned, (Uraemic)																														1
Senile Decay.....									1				1		1								1					1	2	7
Septicaemia.....																														1
Still Birth.....	4					1			1		1					1					1								1	9
Suicide									1																					1
Syphilis.....																			1									2		3
Tetanus.....															1															1
Thrush								1																						1
Trismus Nascentium																													1	1
Vermes																								1						1
Womb Disease.....																									1					1
Wounds (Gunshot)																1													1	1
Cause not stated	1					2							2						1				1							7
Total in each County.....	15	2	7	0	3	5	5	4	8	9	6	4	5	5	3	14	*	8	8	2	3	4	12	8	4	2	0	47	23	216

* Monroe County failed to report, though repeatedly appealed to, and given abundance of time.

The Reports for September, compared with the preceding month, indicate that Malarial Fever, Measles and Diphtheria increased; and that there were less deaths from Typhoid Fever and Cholera Infantum. The number of deaths from Consumption was the same both months; being a slight increase over July.

Ages of Decedents.

	White.		Colored.		Total
	M	F	M	F	
Still Born.....					
Under 1 year.....	21	15	6	8	50
Betw'n 1 and 5 y's	8	5	11	6	30
" 5 " 10 "	1	4	2		7
" 10 " 15 "	1	1		3	5
" 15 " 20 "	2	3	3	9	17
" 20 " 25 "	4	1	5	4	14
" 25 " 30 "	2	5	3	7	17
" 30 " 40 "	11	1	5	3	20
" 40 " 50 "	3	1	7	5	16
" 50 " 60 "	5		7		12
" 60 " 70 "	3	2	3	2	10
" 70 " 80 "	1	4	4	1	10
" 80 " 90 "	1	1		3	5
" 90 " 100 "					
Over 100 years.....				*1	1
Not stated.....	1		1		2
Total.....	64	43	57	52	216

* Negro female, resident of Pensacola, age 108 years.

Vessels Boarded

and inspected by officers of Quarantine Stations at—

	American.	Foreign.	Total.
Mullet Key.....	22	14	36
Key West.....	30	18	48
Fernandina.....	21	7	28
Pensacola.....	17	16	33

Diagram of Diseases Causing Heaviest Mortality.

Malarial Fever...*	30	
Consumption.....	16	
Diarrhoea.....	12	
Typhoid Fever....	9	

*Under this head is included the terms "Continued," "Protracted" and "Pernicious" Fevers.

Death Rates.

	1891.	1892.
January.....	16.19	16.65
February.....	13.04	12.41
March.....	12.36	14.91
April.....	13.22	14.35
May.....	11.75	18.51
June.....	12.64	15.22
Six months.....	13.20	15.34

Summary.

Number of counties reporting.....	25
Number of cities reporting.....	2
Total population of said counties and cities.....	249,542
Number of births reported.....	324
Number of marriages reported.....	184
Number of deaths reported.....	216
Birth rate per 1,000 per annum.....	15.58
Death rate per 1,000 per annum.....	10.39
Number of deaths under five years of age.....	80
Number of deaths over seventy years of age.....	16
Number of deaths by violence.....	7
Number of premature and still births.....	9

Meteorological Summary.

(Observations at Jacksonville Station.)

Mean temperature for Sept. for 21 years.....	78°
Mean temperature during Sept. 1892.....	77°
Highest temperature, on the 1st.....	92°
Lowest temperature, on the 28th.....	66°
Prevailing direction of wind, Northeast.	
Average date on which first "Killing" frost occurs, December 1st.	
Average date on which last "Killing" frost occurs, February 21st.	

Reports from Havana.

Yellow Fever.

	New Cases.	Deaths.
Week ending Sept. 1, 1892.....	68	17
Corresponding period of 1891.....	60	13
Week ending Sept. 8, 1892.....	70	10
Corresponding period of 1891.....	70	24
Week ending Sept. 15, 1892.....	75	17
Corresponding period of 1891.....	60	15
Week ending Sept. 22, 1892.....	85	22
Corresponding period of 1891.....	40	9
Week ending Sept. 29, 1892.....	78	19
Corresponding period of 1891.....	38	10

SUMMARY—YELLOW FEVER.

June, 1892.....	71	14
July, 1892.....	155	24
August, 1892.....	144	58
September, 1892.....	364	85

Although Small Pox was quite prevalent in Havana during 1891, but few cases and deaths have been reported in 1892.

FLORIDA HEALTH NOTES

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No. 5.

MEMBERS OF THE STATE BOARD OF HEALTH.

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JOSEPH Y. PORTER, M. D., *Secretary and Health Officer*,
Key West and Jacksonville, Fla.

Office of the Board, Jacksonville, Florida.

All communications should be addressed to the Secretary of the Board, whose official address is, Jacksonville, Fla.

What We Owe Our Neighbor.

A Divine command enjoins, "Thou shalt not kill." Another says, "Love thy neighbor as thyself," and upon these two injunctions rest the fundamental principles of good government and society.

Unfortunately in this day the first of these commands is supposed only to apply to the taking of life by violent means, and the second too many treat as a very pretty sentiment, applicable in an allegorical sense only, and not intended for every day friction with mankind. The sanitist, however, takes a more comprehensive view, and, following the teachings of the greatest of all law-givers and the most eminent exponent of humanitarian ideas, includes all those agents affecting the life as well as the health of the individual.

Nature's laws are permanent in their action, and are unchangeable in their effects in the organic as well as in the inorganic creation. A poisonous atmosphere will as surely destroy health, and oftentimes kill, as will a poisonous drug taken with suicidal intent or accidentally administered.

As good citizens we should jealously guard the health of our neighbor, and as selfish mortals we owe it to ourselves that we shall protect the life of our neighbor from disease, for in so doing we defend our own.

The man who permits a cesspool or privy vault under his neighbor's bedroom window, poisoning the atmosphere that he breathes, is as certainly guilty of a murderous act as if he assaulted him with dirk or pistol. It is known that an open vault, cesspool or privy, located within one hundred feet of a well, the water from which is used for drinking, will poison such water and cause many intestinal troubles, besides fevers of low type. Have you any moral or legal right to so injure the health of your neighbor, because, forsooth, this sanitary nuisance is on your property? A pig-stye or stable will cause the same impairment of health unless very carefully attended to; and how many are looked after to prevent their becoming nuisances in every conception of the term?

A case of measles or whooping cough, usually considered the lesser of the contagious diseases of childhood, or worse, diphtheria or scarlet fever may, if concealed, cause grief to say nothing of expense or anxiety to your neighbors, whose children may inherit delicate constitutions. A visit is paid to the sick child with the kindest and most charitable intentions, but without warning from you the disease is contracted or conveyed, and in a few days there is an empty crib and a mourning Rachel in your neighbor's home, and

an affliction for which you are certainly accountable.

Thus instances can be multiplied and given where through carelessness or indifference our neighbors' life and health is often imperilled, and it is only when a shock is given us or to our families, and in sorrow the full realization of personal responsibility is brought to bear upon us, do we comprehend what we owe to our neighbor in the protection of his health. His health and life, and the health and life of his family, is as dear and precious to him as ours is to us, and a moral as well as legal responsibility rests upon each of us in this respect, particularly so as to sanitarians is the question directed, "Am I my brother's keeper"? and, in the light of Sanitary Science, *you are*.

Diphtheria

IN PUTNAM COUNTY.

Under date of November 20th the President of the Putnam County Board of Health made the following detailed report of the cases of diphtheria recently prevalent in Palatka:

"About August 25th I was called to see a child of a Mr. H. that had a sore throat and frequent attacks of pain in the bowels. I diagnosed the case "diphtheria," with probably some disease of the mesenteric glands. Under treatment the throat got better, but on September 2nd there was a discharge of bloody pus, apparently from an abscess in the bowels. The child then failed rapidly and died on September 4th. This death was reported as "Abscess of Bowels." In about a week a twin brother had an attack of "diphtheria" which lasted ten days. He recovered. Then a brother, aged 4½ years, was attacked. He also recovered. About the time the second child of Mr. H. was taken sick a three-year old boy of Mr. D.'s, living in an adjoining house, had some small patches in his tonsils. I at once had him isolated. He had no fever, nor was he sick at all, and after a few days the patches disappeared and he was discharged. None of the other children (three) in the same house had any symptoms of the disease. On September 10th a gentleman, residing one square from Mr. H., took his three-year old daughter to San Mateo. He returned October 10th and brought his child at once to my office.

The following day it was a clear case of diphtheria. By the 30th she was entirely clear of any symptoms of the disease, and had a good appetite and was quite playful. Yet in a few days she commenced losing ground, and died November 14th from "Paralysis of the Heart." October 31st Dr. W.'s little girl was attacked with a very severe form of the disease, and died on the 11th of November; since which time we have had no recurrence of the trouble.

"Investigation develops that some time about the 1st of August a lady came here from Macon, Ga., who had lost two children there. Soon after locating here a little boy of Mr. J.'s, where she was boarding, was taken sick. He improved, and was taken to the country in a feeble condition, dying September 6th of what was reported as "Marasmus." His physician denies its being diphtheria. Mr. H., at whose house the first case occurred, is the Methodist minister. He visited the sick child at Mr. J.'s during its first illness, and shortly afterwards his child, the first case above mentioned, was taken sick."

IN YBOR CITY.

October 14th the State Board of Health was advised by wire of the existence of diphtheria at Ybor City, a suburb of Tampa. The following is an extract from the report of the President of the Hillsborough County Board of Health:

"About October 5th a Cuban physician, of Ybor City, discovered a case of diphtheria in a boy of 10 years. Five days after he died. On October 12th two other cases were discovered in the same locality two blocks away; then three more cases adjoining the residence of the first case. When the second and third cases were discovered the Board of Health was notified. The cases were isolated, and intercourse with the infected places was restricted; the schools were dismissed, and the premises of those adjoining, including streets and alleys, received a No. 1 cleaning up. Two weeks elapsing and no more cases occurring, and the patients having all recovered, restrictions were removed. Up to the present there have been no new cases. The Board, after diligent investigation, are unable to say from what source the infection came."

IN PENSACOLA.

Under date of November 14th, 1892, the Escambia County Board of Health reported a case of diphtheria in the city of Pensacola. A full, detailed report of this

case has not yet been received at the office of the State Board.

IN PHILADELPHIA.

PHILADELPHIA, November 22—Special.—Thirty-seven new cases of diphtheria are reported in forty-eight hours. Last week 167 cases and 52 deaths were returned, and within the year there have been 4,126 cases and 1,241 deaths.

IN NEW YORK.

The weekly statements of the Health Department of New York City show 212 cases and 100 deaths from diphtheria in that city during October, 1892.

Water and Sanitation.

The topography of Florida is unique, and with its climatology differs essentially from that of any other State of the Union in its effects on the public health, and among the agencies for weal or woe is its water supply. Of course it is well-known that we have the five summer months when the solar heat is constant, bearing with its tremendous force on all objects exposed to its rays, and we also know that it is the period when frequent and heavy rains prevail, promoting decomposition, the breaking up of the molecules of organic matter to be reorganized into new bodies, some of which may be exceedingly deleterious in their effect on human beings exposed to such influences.

Now, water in some form has much to do with the changes wrought because it is the medium by which decomposition is promoted and also the vehicle for the transportation of the particles set free by disassociation. In view of these facts our State Board of Health has wisely adopted the provision for house to house inspections, including an examination of the water used by the people. Our physicians can aid very materially in this good work by co-operating with the County Boards.

It is not for me to instruct our honorable State Board in these matters. I only desire to call the attention of our doctors to the importance of etiology in their diagnostic determinations when called upon to

act in contagious and communicable diseases, and to this end an examination should be made of the water used and its supply or source. Not only should they acquaint themselves with the condition of the patient, but also with the condition of the dwelling and its surroundings. He may find the water used contaminated with the wash of privies, or other foul receptacles, borne by the heavy summer rains to lower levels, to wells, ponds, lakes and other water sources. "An ounce of prevention is worth a pound of cure." But how can prevention be exercised unless due attention is paid to the cause of the patient's trouble? The milk supply of our little ones should come only from healthy cows, drinking only pure water, uncontaminated by filth or disease germs.

As water constitutes the bulk of bodies in the organic empire its quality should be known. As nearly all the food consumed is prepared by cooking, water should receive greater attention at all times by all, as all are dependent on it for health and life.—*Dr. R. J. Marvin, Secretary Volusia County Board of Health.*

The Life Worth Living.

We are driving the nervous engine at a high-pressure rate, and we do not see or feel the coming catastrophe. We lie low for every chance of gain save the one for good health and long life. Why is Edwin Booth at fifty-nine retired a wreck? and thousands of others, business and professional men? At break-neck speed they went through life as long as the nerve motor would stand the strain, and when that refused longer to supply its power they dropped out from the ranks of workers to idly wait for death in name and fact. It is no compliment to the life-principle to speak of such people as in life, for they are dead already to all life's purposes, to all life's usefulness, to all life's aims. What a mockery of life is theirs? A little halting on the highway of haste; a little holding back in a gait too rapid; a stopping to exchange a word; the care of breathing deeply and freely; the vacation

now and then that permits the hot journals to cool and the fever of the brain to abate. All these would help to maintain the balance of power of the various faculties and members of the individual. Less worry and more fun; less work and more recreation; less confinement and more exercise; less business and more humanity; less preaching about what is best to do, and more doing of what is best to be done. Necessity is the drive-wheel of many an existence. True; then remember the necessity for rest, recreation, fun, vacation, and prolong life by nursing the vital forces. and life will be made worth the living because of the sum of good accomplished and because of the joy of doing it.—*Horatio Crain, of Key West.*

What is Ammonia ?

The newspapers are talking about the use of this drug in baking powders. What is it, and why so injurious? Ammonia is the most common and the most easily produced poison there is. It produces itself! It is a product of decay, and is thrown off by the decomposition of all organic matter. Water which contains a large amount of sewerage contains a proportionate amount of ammonia. Every cesspool is an ammonia factory.

Ammonia was originally obtained from camel's dung, and for ages this was the only source. It may also be produced from putrefied urine. Patents have been applied for with the view of utilizing the refuse from the large stock yards and stables for its production. The ammonia of commerce is now made from gas liquor.

The recent discussion of the dangerous qualities of ammonia comes from the alarming increase of its use as an adulterant in certain food preparations. People who absorb it in small quantities from day to day suffer from slow ammonia poisoning. Taken internally, in sufficient quantities, it eats away the coatings of the stomach and intestines and causes death. Slow ammonia poisoning produces various forms of stomach trouble, and causes the complexion to lose its freshness.—*Texas Health Journal.*

Constant Vigilance Necessary.

All American periodicals, medical journals, magazines and newspapers, agree in the opinion that next year is one fraught with great danger from a cholera invasion. This apprehension is based upon the fact that for some two months thousands of immigrants were allowed to come in from the infected districts of Russia, with large quantities of clothing which had been exposed to cholera poison. These people are scattered over the United States, especially in the West, and next summer it is likely that there will be many repetitions of what happened a few years since, to-wit: Sporadic cases of cholera from infected clothing; hence the necessity of a vigilant watchfulness, and of preparation for promptly stamping out the disease wherever it may appear.

Again, there is no probability that immigration from Europe will cease, and until the plague is stamped out there America is endangered.

Hence, all our servants—National, State, Municipal—are called upon to be ready. The people expect to be spared the alarms experienced in September last. From the successful fight then made by sanitarians, under great difficulties, they confidently look for a grand victory in 1893. The men are ready. All that is wanted is money. This must be furnished by the legislative bodies, great and small.—*J. B. Lindsey, M. D.*

Jefferson County.

It will be noticed that Jefferson County reports twenty-six deaths for the month of October, a very unusual mortality. Speaking of it Dr. Turnbull, the President of the County Board of Health, says: "There are more deaths in the county this month than for the past ten months, and more sickness throughout the county than at any period during the year." This Board is experiencing much difficulty in getting returns from the physicians, and Dr. Turnbull says that he cannot get them to "even fill out the blanks sent them." The death rate for Jefferson County for October is 12.37 per 1,000 per annum.

County Boards of Health.

A number of our County Boards of Health are not properly performing their functions. Although their work generally has somewhat improved during the past ten or twelve months, it is far from being what it should be, and many are inexcusably delinquent in the collection of vital statistics. The conditions were never more favorable for successful work in this direction. The attention of the medical profession in Florida has been repeatedly called to the importance of this matter, and every communication received in reply to our circular letters expresses the writers' willingness to co-operate with the State and County health authorities. It is not to be expected that the physicians will make any advances, or that they will not at times be forgetful. It is the duty of the County Boards to constantly remind them of these things and to call upon them regularly for the valuable data they possess. Don't be easily discouraged. If the first application for an immediate report and better attention to the matter in the future meets with no success, repeat the appeal within three or four days and continue the effort until the end is attained. Few of the County Boards have to deal with more than twenty physicians; to call upon the forgetful or indifferent among these three or four times a month, until they become drilled, is not a very laborious undertaking.

What is it that Pulls a Person Down.

It is not natural and reasonable intellectual work that injures the brain, but emotional excitement. Most men can stand the severest thought and study of which their brains are capable and be none the worse for it, for neither thought nor study interferes with the recuperative influence of sleep. It is ambition, anxiety and disappointment, the hopes and fears, the loves and hates of our lives that wear out our nervous system and endanger the balance of the brain. A man can spend more of his strength in five minutes of unnatural mental excitement than in a day of calm, steady brain work.—*Herald of Health.*

Slaughter Houses.

The NOTES remarks with pleasure the discussion in the press of the State on the subject of common or general slaughter houses. This discussion has been particularly active in Key West, both dailies strongly urging this sanitary necessity upon the municipal authorities. This subject is no new one to the State Board of Health, for the State Health Officer, in an official communication to the Municipality of Key West, two years ago, invited its attention to the daily growing need of beef inspection on the hoof, before killing, and the proper disposal of offal from the numerous "butcher pens" on the island; a hygienic requirement and abolishment of a sanitary nuisance which could only be accomplished by having one killing place for cattle, and that to be under the sole control of the city authorities.

We do not know that the recommendation met with any objections except that there was no money in the treasury to carry it into effective operation (a universal complaint unfortunately when any sanitary reform is proposed). The HEALTH NOTES calls upon the County Boards of Health to do some missionary educational work on the subject.

Some Death Rates.

For the information of our readers we give the following table of death rates per 1,000 of the population, for the States named, as shown by their official reports for August, 1892:

California	14.88
Connecticut	21.80
Florida	14.27
Illinois	21.77
Indiana	12.07
Louisiana	26.56
Maryland	24.92
Massachusetts	25.90
Minnesota	8.66
Missouri	13.70
New Jersey	26.70
New York	22.14
North Carolina	21.50
Rhode Island	27.00

Simple Water Test.

The Journal of the American Medical Association gives the following simple water test:

Into a ground glass, stoppered, perfectly clean bottle put five ounces of the water to be tested. To the water add ten grains of pure granulated white sugar. Cork tight, and set into a window exposed freely to light, but not to direct rays of the sun. Do not disturb the bottle, and keep the temperature as near 70° F. as possible. If the water contains organic matter within forty-eight hours an abundance of whitish specks will be seen floating about, and the more organic matter the more specks. In a week or ten days, if the water is very bad, the odor of rancid butter will be noticed on removing the stopper. The little specks will settle to the bottom, where they appear as white, flocculent masses. Such water should not be used for potable purposes.

Population of Counties.

Alachua*	22,934	Levy*	6,586
Baker	3,333	Liberty	1,452
Bradford*	7,516	Madison*	14,316
Brevard*	3,401	Manatee*	2,895
Calhoun	1,681	Marion*	20,796
Citrus	2,394	Monroe*	18,786
Clay	5,154	Nassau*	8,294
Columbia*	12,877	Orange*	12,584
Dade*	861	Osceola*	3,133
De Soto*	4,494	Pasco	4,249
Duval*	26,800	Polk*	7,905
Escambia*	20,188	Putnam*	11,186
Franklin*	3,308	St. Johns*	8,712
Gadsden	11,894	Santa Rosa*	7,961
Hamilton*	8,507	Sumter	5,363
Hernando	2,476	Suwannee*	10,524
Hillsboro*	14,941	Taylor	2,122
Holmes	4,336	Volusia*	8,467
Jackson	17,544	Wakulla*	3,117
Jefferson*	15,757	Walton	4,816
Lafayette	3,686	Washington	6,426
Lake*	8,034		
Lee	1,414	The State	391,422
Leon*	17,752		

Counties marked with the asterisk () have Boards of Health.

Quite Right.

The *Tribune*, of Tampa, requests the municipal authorities to tidily arrange and place in sanitary order that city before the opening of the tourist season, the same as a good housekeeper has a general cleaning up and renovating of her home before the arrival of expected guests. The suggestion is a good one, not only for Tampa, but for all the cities and towns in the State. There is good reason to expect a large number of visitors this winter, and our towns should be ready to receive them, metaphorically speaking, with "clean hands and faces."

Vaccine Virus.

As information to those parties who complained of poor results from the vaccine virus procured through the State Board of Health, we desire to say that the Department at Washington, from whence this vaccine was obtained, advises us that during the period of intense heat last summer it grew so hot they had to shut down. They resumed work in September, and succeeded in getting a lymph which seemed all right but gave bad results when used. This was not discovered until a large amount had been sent out. The trouble has been remedied, a new lymph obtained, and the vaccine which is now supplied by this office is as active as any we have ever handled.

Yellow Fever at Santos.

Reports from Santos, Brazil, to a Philadelphia merchant, reveal a sad story of yellow fever at that important seaport in South America. An epidemic has been raging there for months, and the dead have been piled in trenches of great length. It is claimed that more victims have been swept away in and around Santos than have died in Central Europe from the cholera. Three hundred and forty-seven vessels are awaiting their turn to discharge valuable cargoes shipped from all parts of the world, and it is claimed they will be there for a year hence, still waiting to be towed alongside the discharge berth.—*Philadelphia Record*.

ICE inspectors have been appointed by the Paris health authorities, whose duty it is to make from time to time analysis and bacteriological examination of specimens of ice obtained from the dealers.

Vital Statistics.

Florida has a population (census) of 391,422. The State Board of Health is at present receiving reports of vital statistics from 28 of the 45 counties, representing 297,271 of the State's wards, or about $\frac{3}{4}$ of the total population. That the returns are not more complete is due to the fact that the following counties make no reports. Baker (pop. 3,333); Calhoun (1,681); Citrus (2,394); Clay (5,154); Gadsden (11,894); Hernando (2,476); Holmes (4,336); Jackson (17,544); Lafayette (3,686); Lee (1,414); Liberty (1,452); Madison (14,316); Pasco (4,249); Sumpter (5,363); Wakulla (3,117); Walton (4,816) and Washington (6,426)—an aggregate population of 94,151. As Boards of Health have recently been appointed for Clay, Lafayette, Lee, Liberty, Madison and Wakulla Counties (aggregate population of 29,139), it is confidently hoped they will soon be numbered among the "reporting" counties.

Madison County.

Under date of November 16th the State Board of Health is advised by the Governor that a Board of Health has been commissioned for Madison County. The following gentlemen compose the Board: Messrs. C. H. Smith, M. D., R. D. McNair and C. H. Dickinson. It is hoped that ere we again go to press this Board may be fully organized and equipped to carry out the work for which it was created.

Some Census Figures.

The total population of Florida is 391,422. 224,949 white; 117,766 males, 107,183 females. 166,473 colored; 84,181 males, 82,292 females. Florida, therefore, has 58,476 more white than colored people; 33,585 more white than colored males; 21,891 more white than colored females. There are 12,472 more males than females in Florida. There are 96,213 males over 21 years of age—of this number 58,068 are white, 38,145 colored.

Small-Pox in New York.

There were fifty-one cases and nine deaths from small-pox in New York during October, 1892.

Special Reports.

The law contemplates that every case of "disease dangerous to the public health" shall be immediately reported to the health authorities. It is noticeable that in many instances the County Boards of Health fail to promptly report to the State Board of Health the existence of diphtheria, scarlet fever, measles, etc. Attention is invited to this dereliction of duty, and the secretaries of the County Boards of Health are respectfully requested to promptly report every case of the diseases referred to. There is no apprehension that they will ever fail to report either yellow fever, small-pox or cholera. It is further asked that in making these reports they give all the information obtainable and thus obviate our having to write for particulars.

Some Yearly Appropriations for Sanitary Purposes.

New York city	\$435,000
Massachusetts	111,300
Texas	61,900
Illinois	49,000
Mississippi	46,000
Minnesota	29,000
New York State	25,000
Florida (about)	23,000
New Jersey	21,000
Wisconsin	20,000
Michigan	16,000
Alabama	13,000
Maryland	13,000
California	12,800
Connecticut	10,000

Orange County.

It is with sincere regret that the State Board of Health learns, through a communication from him, under date of November 28th, that Dr. Frank H. Caldwell, of Sanford, President of the Orange County Board of Health, has tendered his resignation to the Governor. The success of this Board in the past, its present efficiency, and the consequent promotion of the public health in Orange County are largely due to Dr. Caldwell's able management.

Glanders in Orange County.

The Orange County Board of Health reported a case of glanders in Orange County the early part of November. The mule was promptly killed, all animals known to have come into contact with the diseased quadruped isolated for a time, and other precautions exercised to prevent the spread of the disease. No further cases have been discovered.

" Danger ! "

Apropos of the leader in this number of the NOTES, Dr. Cyrus, of the Putnam County Board of Health, reports that Mr. H., a Methodist minister, visited a child sick with diphtheria, and shortly afterwards his own child was taken ill; the infection extending in time to the families of several of his neighbors.

Notelets.

THE U. S. Steamer *Pagmar*, which has been on quarantine duty at the Dry Tortugas Quarantine and Refuge Station, has been ordered to Fortress Monroe.

ATTENTION is invited to the fact that the various sections of the Rules and Regulations of the State Board of Health were, at the meeting of the Board September 17, 1892, numbered consecutively.

SMALL-POX is raging in some of the northern cities. The tide of travel sets southward in the winter. The wise will heed this and protect themselves by vaccination. Call on the Secretary of your County Board of Health for vaccine virus.

THE Hamilton County Board of Health was the first to adopt, submit to the State Board for approval and put in operation, the new code of rules and regulations formulated by the State Board for the use of the County Boards.

THE *Texas Sanitarian*, commenting on the need of a law in Texas to regulate the practice of medicine, says: "Even Florida is ahead of us in this respect; that State having a most excellent law governing the licensing of physicians." The *Sanitarian's* knowledge of our laws was gleaned from the NOTES.

In the ten years ending 1869 the inhabitants of London died at the average rate of 24 for every 1,000 living; in the ten years ending 1889 that rate was only 20. In other words over 17,000 lives were being annually saved in that decade in London.—*Exchange*.

"THE physician who has a rustic reputation for being 'good in fevers' must, at least, share his glory with the one who can and will search out and designate the causes and demonstrate the possibility of prevention. The physician who can uncover the hidden danger which threatens the whole family or community must come, more and more, in the opinion of the people, to dispute the supremacy with the one who skillfully conducts the sick one to health or to death."

THE Board of Health of Savannah, Ga., has adopted a new and sensible plan for securing a quarantine officer at that port. Notice was given that examinations of applicants for the position would be held in New York, Philadelphia, New Orleans and Savannah; the successful candidate to receive \$2,000 per annum salary, and to hold the office for three years. The examinations required the name, age, residence, college, date of graduation, a statement of the hospital experience, if any, whether the candidate was subject to sea-sickness, and his experience in microscopy and bacteriology.—*Medical Record*.

Health in the State.

The reports for October, compared with the preceding month, indicate that malarial fever, diphtheria and typhoid fever increased, and that there were less deaths from diarrhea and cholera infantum. The mortality from consumption was unusually large, exceeding the total number reported in August and September, and being larger than any month since March, 1892. With the exception of Jefferson County no section of the State experienced any unusual amount of sickness. Diphtheria was prevalent to a small extent in Escambia, Hillsboro and Putnam Counties. The general health may be considered as having been fairly good.

CAUSES OF DEATHS.—CONTINUED.

DISEASES	ALACHUA	BRADFORD	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL
Croup.....													1																1	2	
Delirium Tremens.....																													1	1	
Dentition.....																													1	1	
Diarrhoea.....	3									1	2										1				1				1	9	
Diphtheria.....										1															1				1	1	
Dropsy.....						1					1						1		1			1							2	7	
Drowned.....																			2											2	
Eclampsia.....											1													1					1	3	
Encephalitis.....										2			1																1	4	
Enteritis.....							1										3		1										1	6	
Entero Colitis.....									1																				1	1	
Epilepsy.....	1																													1	
Exhaustion.....			1																											1	
Fever (Catarrhal).....	1																								1					2	
Fever (Congestive).....	1																								2					4	
Fever (Malarial).....	2		1				1			3	9		3	1	2	1		2			1	1		1	4	5			3	39	
Fever (Typhoid).....						1	1			1			1								1	1			2				1	3	
Fracture of Spine.....																													1	1	
Gastritis.....			1																1										1	3	
Gastric Catarrh.....																							1						1	1	
Heart Disease.....	1		2				1		1				1		1	1		1			1	3				1			2	16	
Hemorrhage (Bowels).....															1															1	
Hemorrhage (Lungs).....															1															1	
Hemorrhage (Umbilical).....																														1	
Hemorrhage (Not stated).....																			1											1	
Inanition.....										1							6	1	1												9

CAUSES OF DEATHS.—CONCLUDED.

DISEASES	ALACHUA	BRADFORD	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL	
Kidneys, Disease of.....	1	1	
Liver, Cirrhosis of	1	1	
Marasmus	1	1	1	4	1	8
Meningitis	1	1	1	1	4
Nephritis.....	1
Nervous Prostration.....	1	1
Paralysis	1	.	.	1	1	1	4
Peritonitis	1	1	.	.	.	1	1	4
Pneumonia	2	1	1	.	1	1	1	2	9
Poisoned, (Opium)	1	1
Premature Birth.....	1	2	3
Pyæmia	1	1
Rachitis	2	2
Senile Decay.....	1	.	.	1	1	.	.	.	1	1	1	6
Still Birth.....	1	6	.	.	.	4	2	1	.	2	16	
Suicide	1	1
Syphilis.....	2	1
Tetanus.....	1	1	1	1	3	
Trismus Nascentium	1	7	1	9
Ulcer (Bowels).....	1	1	1
Vermes	1	1	1
Wounds (Gunshot)	1	.	1	1	1	4	
Cause not stated	1	.	.	1	.	1	.	2	5	2	.	.	.	1	1	1	14	
Total in each County.....	15	110	1	3	4	10	6	3	22	26	2	10	3	3	19	46	3	20	2	12	11	10	5	17	6	3	0	37	20	330		

1892

Florida Health Notes.

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Ages of Decedents.

	White.		Colored.		Total
	M	F	M	F	
Still Born.....					
Under 1 year.....	26	23	14	11	74
Between 1 and 5 y's.....	13	20	12	8	53
" 5 " 10 ".....	5	3	2	6	16
" 10 " 15 ".....	3	3	2		8
" 15 " 20 ".....	2	4	6	5	17
" 20 " 25 ".....	4	6	5	2	17
" 25 " 30 ".....	8	7	5	4	24
" 30 " 40 ".....	12	10	7	4	33
" 40 " 50 ".....	6	5	3	2	16
" 50 " 60 ".....	7	2	6	3	18
" 60 " 70 ".....	12	9	7	5	33
" 70 " 80 ".....	3	4	1	3	11
" 80 " 90 ".....	1		2	1	4
" 90 "100 ".....					
Over 100 years.....					
Not stated.....	2	2	1	1	6
Total.....	104	98	73	55	330

Summary.

Number of counties reporting.....	27
Number of cities reporting.....	2
Total population of said counties and cities.....	293,670
Number of births reported.....	382
Number of marriages reported.....	243
Number of deaths reported.....	330
Birth rate per 1,000 per annum.....	15.62
Death rate per 1,000 per annum.....	13.41
Average age of this month's decedents.....	24.23
Number of deaths under five years of age.....	127
Number of deaths over seventy years of age.....	15
Number of deaths by violence.....	10
Number of premature and still births.....	19

Diagram of Diseases Causing Heaviest Mortality.

Malarial Fever*.....	39
Consumption.....	33
Heart Disease.....	16
Typhoid Fever.....	12

*Under this head is included the terms "Continued," "Protracted" and "Pernicious" Fevers.

Vessels Boarded

and inspected by officers of Quarantine Stations at—

	American.	Foreign.	Total.
Mullet Key.....	27	8	35
Key West.....	37	16	53
Fernandina*.....			
Pensacola.....	14	42	56

*No report.

Death Rates.

	1891.	1892.
January.....	16.19	16.65
February.....	13.02	12.41
March.....	12.36	14.91
April.....	13.22	14.35
May.....	11.75	18.51
June.....	12.64	15.22
July.....	16.24	13.75
August.....	13.33	14.27
September.....	12.37	10.39
The nine months.....	13.46	14.50

Meteorological Summary.

(Observations at Jacksonville Station.)

Mean temperature for Oct. for 22 years.....	70.1°
Mean temperature during Oct. 1892.....	63.2°
Highest temperature, on the 5th.....	88.0°
Lowest temperature, on the 28th.....	42.0°
Total precipitation in inches.....	3.34
Prevailing direction of wind—Northeast.	
Frosts occurred on the 26th, 27th, 28th and 29th.	

Reports from Havana.

Yellow Fever.

	New Cases.	Deaths.
Week ending Oct. 6, 1892.....	70	15
Corresponding period of 1891.....	40	10
Week ending Oct. 13, 1892.....	66	16
Corresponding period of 1891.....	42	9
Week ending Oct. 20, 1892.....	50	11
Corresponding period of 1891.....	40	13
Week ending Oct. 27, 1892.....	38	7
Corresponding period of 1891.....	35	11

SUMMARY—YELLOW FEVER.

June, 1892.....	71	14
July, 1892.....	155	24
August, 1892.....	144	58
September, 1892.....	364	85
October, 1892.....	224	49

A report, dated November 19th, 1892, states: "A renewal of warm weather and recent arrivals of many unacclimated persons, particularly from Spain, has caused quite an increase of cases and deaths from yellow fever."

FLORIDA HEALTH NOTES

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DECEMBER, 1892.

No. 6.

MEMBERS OF THE STATE BOARD OF HEALTH.

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JOSEPH Y. PORTER, M.D., *Secretary and Health Officer*.
Key West and Jacksonville, Fla.

Office of the Board, Jacksonville, Florida.

All communications should be addressed to the Secretary of the Board, whose official address is, Jacksonville, Fla.

To Restrict the Spread of Contagious Diseases.

If one man strikes another in anger and inflicts bodily injury he is liable to criminal action at law. If a vicious dog, through the careless neglect of its owner, mutilates or kills a hog, the owner of the dog is liable for damages to the owner of the hog. If a railroad passenger be injured or killed through the fault of employees, the company is liable to the extent of the injury sustained or the monetary value of the life taken. It is quite easy to establish proof of injury sustained by direct violence, and the sympathies excited by the visible injuries make the claim an easy one to enforce.

How is it when, either by criminal carelessness or malicious purpose, a serious or fatal contagious disease is transmitted by one person to another? Is there not here a direct assault upon the person? Does it not bring injury to the health and danger to the life?

We propose a measure which will go very far toward checking the spread of contagious diseases—one which will make

it quite to the interest of those who know themselves to be in a condition to convey such diseases to others, to be exceedingly careful that they do not so convey it. We propose that it be declared by law to be an aggravated assault upon the person, with suitable penalties provided, for any one to knowingly and purposely expose another, or the public, to the danger of contracting from them such diseases as cholera, small-pox, measles, diphtheria, scarlatina, whooping-cough, syphilis, gonorrhea, and other serious contagious diseases. The action could be brought by the person so injured, or by any one in the interest of the public. The provisions of the law should be so framed as to excuse any case in which such exposure should be unknown at the time, accidental or unavoidable.

Such a measure would lead to the general education of the people regarding contagious diseases, their serious nature, the means by which they are disseminated, and the necessary precautions to be observed to prevent their further spread.

It might tend to restrain the libertine or prostitute, suffering from venereal disease, from recklessly contaminating others. It would warn the kind-hearted Auntie not to go directly from a family infected with diphtheria or other malignant disease to a family of healthy children. It would prevent the mother whose child is afflicted with whooping-cough from allowing it to run at large throughout the neighborhood, or from taking it upon excursions where it will encounter many other healthy children, saying that "If my child has it,

their's might as well have it too!" It would be another incentive to families not to send their convalescents to school or church until after the period of communicability of scarlatina or any such disease had entirely passed away.

We cite these particular examples, as we have known of cases exactly as mentioned, and so, no doubt, have we all.

Perhaps such a law would have a greater influence as an educating measure than a penal one, as in none but the most flagrant violations of it would the careless ones be likely to be brought to account. Humanity rightly has deep sympathy with those in affliction.

We should advise the extension of such a law to the point of inflicting severe penalties upon all parties—steamship companies, and dealers in rags, wool and hides, for example—who should recklessly import any serious contagious disease into the country through their commercial enterprises.

This proposed law would have the logic of placing the responsibility where it properly belongs, and of making it to each one's personal interest to see to it that he does not communicate any disease to others. We who are well do not know who in the crowded car or other such place is just taking or just recovering from such a disease, or who comes with infected clothing fresh from a house where it is raging, and hence we have no means of avoiding such contact; but the dangerous individual himself generally knows the fact, and it should be made strictly incumbent upon him to refrain from causing such exposure. We have the analogue of such a law among the Orientals centuries ago, where all lepers were compelled to cry "Unclean!" and to refrain from mingling with healthy people.—*Dr. Taylor, in Medical World, Philadelphia.*

[We thank our professional brother Taylor, of the *Medical World*, for such a strong argument for protecting the public health. Aside from the merit of the article itself, it is such a striking companion pen-picture to "WHAT WE OWE OUR NEIGHBOR" in November NOTES that it is appropriated entire as a leader in this number].

A Moral Agent.

The Doctrine of Sanitation is preached as of saving grace to the physical man as if it were a system for the flesh alone. So valuable is life that this conception of its mission is truly noble, but its mission does not halt there. The mortal pangs that assail the man assail his virtues, for when a part is wrong where are the barriers that stand against a general invasion? The drinking of poisonous water, the inhaling of polluted air, the eating of unwholesome food, the sight of demoralizing surroundings of an unsanitary nature, not positively immoral, all tend to lower not only the physical but the moral tone.

The sound mind and sound morals of a sound body are largely the work of good sanitary conditions. If the State Board of Health had been legislated into existence to improve the moral tone of the people of the State, with the most excellent selection of citizens as members, and with the best secretary and executive officer in the world, the shafts of ridicule would never cease to fly until the institution was dispensed with, for its existence would be clearly unconstitutional, and the people would object to a moral agency so impertinent, and by the many deemed so unnecessary; and yet no one will dispute the proposition that to preserve the public health tends to preserve the public morals.

What grander mission can there be—next to the saving of souls—than the saving of health, happiness—life itself?

The health authorities of the State aim to preserve general conditions on a line acknowledged to be favorable to health and long life. In preserving a sense of security in all the varied communities of this commonwealth how happy the influence of its work! What peace and comfort prevails with those who realize the vigilance of faithful science that watches at the outposts that no lurking enemy enters; that no insidious foe within shall marshal his forces to do the people of the State great harm by sudden assault, by overwhelming surprise. This is not the language of exaggeration but of sober truth. The haunting fear returns on

memory's wings when the misfortunes of a few years ago are recalled. The horror of uncertainty! The distractions of confusion! The anxious concern for others! A whole State in arms against an unseen foe, striking in the dark with weapons all concealed until the victims lie writhing in the agony of death, or are calmly borne to the sepulchre of the many. Who is an alarmist? He who stands by the law that builds the barriers within and without against disease that health may prevail secure, or he who strikes at the State's great outstretched arm—the Health Power—to paralyze it, until, lying prone, disease, like an imp of evil, enters to gloat upon the misfortunes of the people, and who, then, strikes the chord of alarm with too long belated fears!

In the time of health prepare for epidemics is a maxim as forcible and potent of truth as that which enjoins in time of peace prepare for war. And when the masses of the people reflect upon the sense of security now enjoyed, the absence of alarms and attendant disorder and confusion, the study of conditions to secure to them longevity in health, then they will see, not only the moral, but the physical, along with the financial value to them of the State Board of Health.—*Horatio Crain, of Key West, Fla.*

Why So Many Children Die.

With the progress of discovery in sanitary science, and especially with the increasing knowledge of germ diseases, of which the last generation knew almost nothing, it becomes more and more evident that a large proportion of premature deaths, such as are so commonly termed "mysterious dispensations of Providence," are due to the surprising ignorance of self which has prevailed among men and women ever since the human race was created. If half the time that has been devoted to frivolous pursuits and useless studies had been given to intelligent study of the laws of health and the causes of disease, the death rate in early life might doubtless have been reduced one half. Yet it must be admitted that without the

microscope, and without a knowledge of chemistry, former generations pursued such studies under great disadvantages.

When a child of one of the royal princesses of England lay dying with fever the mother was told by the attending physician not to kiss the child's lips, as by doing so she would be liable to contract the disease. But maternal affection would not allow her to obey the injunction, and soon afterward she died of the same disease.

The nature of contagion and the means of avoiding it became better known with each succeeding year. Consumption is now known to be contagious. It is known that cows are affected with tuberculosis, and that the germs of the disease are communicated in their milk to human beings. Under direction of the New York Board of Health some of the choicest milk brought to the city was examined recently and found to be badly infected with the disease. The cows from which the milk was taken was traced out and found to be diseased, and were killed. Dr. Cyrus Edson, being questioned about the story, said:

"It is true enough. The researches made by Dr. Grant into the number of cows affected by tuberculosis have shown that about 6 per cent. of them have the disease. The disease is intensely contagious. More children die of tuberculosis than of any other disease. As milk is almost the sole food of children, and the principal food of invalids, the danger from tuberculous cows is very great. Under these circumstances it is much safer to give young children and invalids sterilized milk, because this is perfectly healthy."

In tracing out the sources of contagion physicians have found cause to condemn the practice that prevails in schools where free text-books are used, of distributing books and pencils each day so that there is a continual interchange of them among the pupils. This is particularly dangerous as regards pencils, which children are sure to put in their mouths. This is one of the hundreds of ways in which contagion may be communicated.

The germs of diphtheria are known to be so difficult to eradicate that recently when the disease appeared in a western city the

authorities had the building burned. This was a costly "ounce of prevention," but it was a wise measure, no doubt. Parents ought to be better informed as to the causes of disease among children. It is for the doctors to apply the remedies. Dr. Edson's advice in regard to milk, if followed, might save thousands of young lives.—*Times-Union*.

Our Quarantine System.

The Quarantine Service of the State closed on the 15th of November.

The State Board maintains and operates the disinfecting station at Mullet Key at the entrance to Tampa Bay and the inspecting stations at Manatee River, Sarasota, Gasparilla (Charlotte Harbor) and Punta Rassa, and has an advisory control only over the quarantines operated by the Monroe, Levy, Franklin and Escambia County Boards of Health, on the west coast, and Nassau and St. Johns on the east coast of the State. Under the provisions of the statute respecting County Boards of Health these health bodies are permitted to operate quarantine and detention restrictions against infected ports and vessels, so far as their rules and regulations therefor do not conflict with the Rules and Regulations of the State Board. They cannot reduce the detention or restrictions below the minimum fixed by the State Board, but they have authority to increase the restrictions to meet with the requirements, in their opinion, of safety in each particular locality operated by them. The fees for service performed are not uniform for the ports, and this, coupled with the different restrictive measures, has caused much confusion to ship-masters, and no end of annoyance to the executive officials of the State Board, for invariably when a dispute arises between a ship-master, or the public, and the County Board, the State Board is appealed to to adjust the differences. Really so long as the County Boards do not reduce their restrictive measures against the importation of disease below the standard laid down by the State Board of Health,

this latter organization exercises merely an advisory control over them and nothing more, as it does not appoint the officials of the County Boards, and is not responsible for their actions. Yet the public and the maritime commercial interests presupposes the State Board to be responsible for the working of the whole. The confusion arising from this present system of division of authority can readily be seen. The regulations of quarantine detention and disinfection should be uniform for all the ports in the State, with a uniform fee bill for service performed; then all rivalry in offering better inducements in this respect to shipping would be done away with, and only that rivalry maintained from public spirit and enterprise in offering greater commercial advantages for exports; for as yet the State imports but very little beside tobacco.

The State Board, at its last meeting, adopted a Sanitary Code of Regulations for domestic sanitation, and submitted it to the County Boards of Health. It met with favor and was very generally adopted. The code was concise, and embraced all matters which it was thought the health authorities of a County would ever have to deal with.

It would seem that a quarantine code would or should meet with the same favorable commendation. THE NOTES asks that the subject be discussed at the next meeting of the County Boards of Health of the seaboard Counties, and the result of the discussion be sent to the Secretary of the State Board of Health.

The Value of the Microscope.

Pessimists have often said that the limitations of the human mind are such that the end is near when nothing new will be revealed or added to the present stock of knowledge in any field of scientific research or endeavor.

But from the days of Ehrenberg and Beale what untold wonders have been laid bare to human vision by that wonderful instrument the microscope, revealing a microcosm of infinitesimal things above us, around us, below us, and in our very

bodies. Thousands of forms, which by study are discovered to be prejudicial to health and life, insidiously introduced into our systems, are often only known to exist by their effects.

The inherited tendency and the environment inviting attacks from all sides often too late to be discovered and repulsed.

The field of medical and sanitary exploration is continually broadening out, especially so since the time of that great controversy on spontaneous generation, between Drs. Bastian and Pasteur with others, resulting in an impetus of investigation creating a great demand for microscopes. And so it has gone on until the present time; but the end to discovery is not yet reached by any means. We shall yet learn many things to us unknown at present, thanks to those patient workers who will not be satisfied with what they have already attained.

The moral to be drawn from the above remarks, is, Doctors, get a good achromatic high power microscope, and work it at your leisure moments. It will add to your personal knowledge, and will be a delightful recreation from your more arduous duties.

As an example of the progress made in this direction chairs of Histology and Bacteriology have become a necessity in many medical colleges, and he who would practice the art of healing should be well equipped in this particular.—*Dr. R. J. Marvin, Secretary of Volusia County Board of Health.*

The Death Rate in December.

Each time we reach the end of December we should think with satisfaction that we have got over the most dangerous month, since in this country more deaths are said to occur in December than at any other time of the year. A subject for serious reflection is it that 35,000,000 of people die every year—few of these from old age. In a doctor's opinion, nearly as many people shorten their career by over-eating as from excessive drinking; while in England 300 persons are annually cut off through accidental poisoning.—*Chambers' Journal.*

A Lay Opinion of the Medical Profession.

In times of danger from pestilence, at all times when the public health is imperilled, the doctors come to the front with heart of grace, ready to take any risk and to go wherever duty calls. We have not forgotten how hundreds of them offered and gave their services last winter when the city was threatened with an epidemic of typhus—young medicos many of them, just entering upon their professional career. There seemed to be rivalry among them at times to get the most dangerous posts, even to North Brother Island. They displayed again the same noble mettle when there was apprehension of the spread of small-pox. They are displaying it now once more when the Asiatic cholera is threatening to invade our country.

Let us praise the worthy doctors, the ever-undismayed doctors, always ready to undertake any professional duty, however dangerous or unpleasant it may be.

As it is here, so it is all over the world. It is a striking item of news that we got last week from the city of Vienna, in Austria. The Asiatic terror is confronting Vienna, and here is one of the dispatches from there:

"VIENNA, August 25.—In this city 485 doctors have offered to attend cholera patients, on condition that in the event of their death, while in the discharge of duty, their families shall be provided for."

Could men do more than this? Could any sacrifice be more impressive than that which these Viennese doctors thus offer? There are such doctors in Paris and Berlin and London and Hamburg and Antwerp and Havre and all other cities, including, we have not a doubt, the plague-smitten cities of Russia. We have plenty of such doctors here in New York. Honor to them!

In ancient times that illustrious Pergamite doctor, Galen, confronted the pestilence, probably cholera, that raged in the Roman camp at Aquileia. Centuries before his time, that still more renowned doctor, Hippocrates, of Cos, strove to master those epidemics which entered Greece from Asia, and about which he wrote. Thus have

doctors always acted everywhere in times of plague. Truly, the immortal Socrates spake wisely and well when, after the poison had reached his heart, he uttered those last words of his life: "Crito, we owe a cock to Æsculapius, pay it, and by no means neglect it!"—*New York Sun*, August 28, 1892.

Drinking Troughs and Glanders.

The rapid increase of glanders in England has led to the disuse of all public drinking troughs. These are now empty and dry, as it was proved that the alarming spread of the disease was clearly due to infection of horses by them. The worst of this disease is that it is frequently communicated to the driver and stablemen, who, if attacked, invariably perish of this loathsome and incurable disease. It is also becoming more common here, and especially in the large cities, where the public drinking troughs have been brought into use as a convenient supply in the warm weather.

The rapid spread of some of the worst diseases among cattle and horses is a matter for serious concern, for the reason that they are all communicable to persons, and are practically, if not entirely, incurable. It is not known as generally as it should be that the most fatal and horrible diseases of animals are thus likely to affect persons who are careless enough to endanger themselves by contact with the diseased animals. But this is true. The small-pox of sheep, which fortunately as yet has never appeared on this continent, but may at any time; the glanders of horses, the trichina and the tapeworm of pigs, the big jaw of cattle, anthrax of cattle, tuberculosis of cows, are all communicable to persons, and how many victims become fatally infected every year no one takes account of. These diseases are contracted by contact with the virus on any scratched or broken skin, or by the use of the ill-cooked flesh or the fresh milk of the diseased animals. This is a matter for the serious attention of all concerned. We make great complaint about the quality of milk, or the use of a substitute for butter, but not a word is heard

of these other matters of far greater import. No one has been known to die of a little water in the milk, or of oleomargarine on his morning toast, but thousands are known to perish yearly of tuberculosis by the use of diseased milk, and the other diseases mentioned all have their victims of whom note is taken of not one in a hundred.

Cholera as a Reformer.

The most notable movement in matters concerning public hygiene which has happened for many years is the simultaneous effort during the last month or two, in almost every town and city and village, to be clean. With a general approval, which has never before been so nearly unanimous, sanitary inspections have been undertaken from house to house. Streets have been cleaned, privy vaults and cess-pools have been emptied, and back-yard garbage heaps have been removed, the purity of water supplies investigated, and better drainage provided.

This very meritorious attempt at reform has not been local in any sense. Not only in Connecticut and throughout the United States have efforts to this end been more or less active and energetic, but in every city in Europe there has been a sudden and general conversion to the faith of the sanitarian, and a hasty and practical adoption of his creed, that in cleanliness there is safety.

The great apostle of hygiene in this reformation is the cholera—cholera is a practical preacher, and demonstrates its doctrines by its works. Wherever it finds a people disregarding the lessons it has taught before, it wastes no time with argument—it simply kills them.

Europe and America both have had repeated teachings of this sort, and are wise in making the lessons practical—it is to be hoped they will not be too tardy or too negligent in obeying the behests of this uncompromising, arbitrary and pitiless instructor in nature's laws of health.

Cholera has been very aptly called the great sanitary inspector of nature. When gregarious man too openly defies the laws

of health, and wantonly falls into beastly habits of filthiness, the cholera starts on its inspecting tour and inculcates the laws of healthy living, with a decision and emphasis that is best measured by the graves it fills.

Cholera is the author of modern sanitation, and notwithstanding the destructive energy with which it acts it has been a benefactor of the human race, having saved more lives by the reforms it has produced than it has destroyed.—*Monthly Bulletin of the Connecticut State Board of Health, October 15, 1892.*

Sanitation.

Dr. Edson, of the Health Board, was summoned to give his views regarding the probability of cholera coming to this country, and the probable effect of the cutting off of immigration.

Dr. Edson expressed himself as strong in the belief that cholera would probably come to these shores in the spring. He has studied the subject thoroughly, and finds strong reasons to think there is a big fight in store for this country against the dread disease.

The above appears in the telegrams from New York yesterday, and, Jacksonville being forewarned, is culpable if not forearmed.

St. Louis is suffering from a fearful outbreak of typhoid fever—over four hundred cases a day. Why? Because of foul drinking water, and the medical men affirm that only the most vigorous precautions will keep out cholera next spring.

The *Savannah News* says to the authorities of that city: "All the money that can be spent for sanitary work should be applied to sanitary purposes. A clean city is, as a rule, a healthy city. Nothing is lost by keeping a city clean."—*Jacksonville (Fla.) Metropolis.*

Should Heed.

"City rulers should be aware of the coming criterion by which they will be judged. Mere population will not give a city fame. Heathfulness is the first and indispensable requisite. Not numbers, but a low death rate, which signifies a high health rate."

A Typhoid Epidemic.

SAN LUIS POTOSI, MEX., December 9.—Typhoid fever of a most malignant type is raging in this city and throughout the state in the small towns. There have been several hundred deaths during the last three weeks. The epidemic is attributed to the severe drought of four years.—*Times-Union.*

Alien Immigration and the Cholera.

If evidence were needed of the effect produced by the drastic measures of quarantine adopted by America during the prevailing epidemic upon the flow of Russo-Jewish transmigrants from Hamburg across Great Britain on their way to the West, it may be found in the return of the Board of Trade as to the number of aliens arriving at ports in the United Kingdom during the past month. In place of the 5,615 aliens who landed on our shores from Hamburg en route for America in September of 1891, there was not one such entry in the same month of the present year. It is thus seen how effectually America has done for England that which she herself did not see her way completely to accomplish, and certainly not in the manner in which America has deemed necessary to her safety. We find further from the same return what has been the effect upon alien immigrants, other than those bound for the Western States, of the cholera orders issued in August by the Local Government Board, prohibiting the importation of bedding, among other things, and requiring in certain cases that persons on board ship shall satisfy Port Health Officers as to their precise destination before permission to land is granted. In regard to the former, the alien Jews from Russia not infrequently lay great store by their bedding, and, poor as they are, the loss of bedding would reduce them to absolute beggary; whilst, as to the second point, it is certain that large numbers of these immigrants have but little idea of their actual place of abode beyond that of reaching England; and, as a result, only 86 aliens came from Hamburg to the United Kingdom last month, as against 2,235 in September of 1891.—*British Medical Journal.*

To Lock the Stable Door.

WASHINGTON, D. C., December 2.—Surgeon-General Wyman, in his annual report, favors the suspension of immigration during next year for preventing the introduction of cholera.—*Times-Union*.

WASHINGTON, D. C., December 23.—Surgeon-General Wyman, of the Marine hospital service holds the opinion that there is danger of the re-appearance of cholera in the coming spring and summer, and its reaching the United States by way of Cuba.

The joint committee of the two houses of Congress charged with the subject of the investigation of immigration and incidentally the possibility of a cholera invasion next summer for the purpose of gathering all information possible upon the subject, addressed a series of questions to physicians of prominence in New York and elsewhere for the purpose of eliciting expert opinion as to the cholera reaching the United States. Nine of these have replied, and they concur in the opinion that the danger is great, and that the most stringent measures of prevention should be adopted.—*Exchange*.

Honor to our Own.

It is a Florida physician, Dr. Thomas, of Gainesville, who voices the following beautiful sentiment touching the relations of the medical man to the lowlier members of his constituency.

"The true physician will respect the feelings of the poor, both by the language and tone of voice in which he addresses them. He will remember that disease is his only passport to any house. He will act as a gentleman to all, to the low, to the vile even, as well as the gentle and the rich. His duty is to heal, not to punish." Boerhaave said that "the poor were the best patients, for God is their paymaster." Because the physician receives no tangible recompense he must not forget his obligation to his patient nor his own self-respect. In his intercourse with the world he must not be swayed by prejudice nor nationality. Friendship and good-will for all his patients are his polar stars, ever keeping in remembrance the priceless precept, "There is but one country—the earth; but one nation—the human race."

Diphtheria.

Reports from the State Board of Health of Iowa furnish the information that diphtheria is rapidly increasing in that State. Sioux City is menaced with a serious epidemic.

Investigating Immigration.

A Congressional Committee, on their way to Cuba to inquire into the matter of immigration to this country from the West Indies and the chances of the introduction here of any contagious or infectious diseases from that quarter, passed through Jacksonville on the 26th instant. The mission of the Committee is a most important one, and upon its report and recommendations will be based largely whatever legislation Congress may be moved to take with reference to a prohibition or restriction of immigration and to the establishment of a national quarantine. These matters have a deep significance for Florida, and her senators and representatives will see to it that her interests are duly considered in whatever action Congress may take. At Tampa the President of the State Board of Health will be conferred with, and the State Health Officer will accompany the party to Havana. It is quite probable that that portion of Florida's coast defence, known as the Mullet Key Quarantine Station, will be examined by the Committee on their return trip.

Typhoid Fever Scourge.

ST. LOUIS, November 28.—A terrible typhoid fever scourge is raging in the city. There were 250 new cases reported Saturday, though we have no official record of the deaths.—*Gulf Pennant*.

Notelets.

WE ask the readers of THE NOTES to give careful attention to the first article in this number. It furnishes food for deep thought. To our coming legislators is its perusal earnestly suggested.

In another column will be found an extract from the public press giving a layman's opinion of the medical profession. Please read it. THE NOTES throws its hat high in the air with a rousing cheer for the writer. This may appear very undignified, but commendatory utterances of the hardest worked, most self-sacrificing and patient class of men in the world are so very rare it is as refreshing as the dew which fell on Hermon to find a layman with the temerity to give us poor doctors any credit for bravery or philanthropy.

Causes of Deaths During November.

Mortality Reports of the Twenty-eight Counties and Two Cities of the State of Florida, below enumerated, during Nov. 1892, classified by Diseases

DISEASES	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL		
Abscess, (Cerebral).....																		1														1		
Abscess, (Liver).....																		1														1		
Alcoholism.....								1																								1		
Apoplexy.....																		2														2		
Asphyxia.....																		1														1		
Asthma.....																			1													1		
Bladder, Disease of.....									1			1					1															1		
Bowels, Congestion of.....																				1												1		
Bright's Disease.....		1																			1											3		
Bronchitis.....	1										1						1															3		
Burns.....																	1															1		
Cancer, (Face).....																		1														1		
Cancer, (Stomach).....																				1												1		
Cancer, (Womb).....																					1											2		
Cancer, (Not stated).....								1																								1		
Cerebral Congestion.....												2					2						1								1	2		
Cholera Infantum.....																		4	1													5		
Cholera Morbus.....																		1														1		
Congestion.....						1						2																				3		
Consumption.....		1	1	1							3				2		1	2		2				2							9	2	26	
Convulsions.....											1						1														2		4	
Croup.....				1														1														2		3
Defective Vitality.....																																3		3
Delirium Tremens.....																																1		1
Dentition.....																1	1															1		3

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CAUSES OF DEATHS.—CONTINUED.

DISEASES	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL
Diarrhoea.....				1											1					1								1				4
Diphtheria.....																							2									2
Dropsy.....	1										2			1				2							1	1						8
Drowned.....								1	1											1			1									5
Encephalitis.....																																2
Eczema.....								1																	1							1
Enteritis.....																																2
Entero Colitis.....																		1														5
Erysipelas.....																																1
Fever (Catarrhal).....																	1															1
Fever (Malarial).....		3								1	5			3			5		1				1			2					4	2
Fever (Puerperal).....																																1
Fever (Typhoid).....								1	1													1				1						4
Gangrene.....																	1	1														1
Gastritis.....														1																		3
Heart Disease.....	1	1								1	2	2					1	3					1			1		1			1	1
Hemorrhage (Not stated).....																									1							1
Hepatitis.....																																
Hernia.....																																
Inanition.....													1						1													1
Internal Injuries.....									1									7													1	1
Intestinal Obstruction.....																																2
Jaundice.....																																
Liver, Congestion of.....																		1					1									1
Liver, Cirrhosis of.....											1									1												2
Lungs, Congestion of.....				1																				2								3
Laryngitis.....																			1													1

CAUSES OF DEATHS.—CONCLUDED.

DISEASES	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL
Marasmus													1	1												1				1		3
Meningitis																		4												1		5
Nephritis																														1		1
Nervous Prostration																	1															1
Oedema of Lungs																														1		1
Paralysis																							1									2
Paraplegia																			1													1
Peritonitis																								1						1	1	3
Pericarditis																		1												1		2
Pertussis																			2													2
Pneumonia	1			1							1						1	2	1		1					1	1				1	11
Premature Birth												2							1		1	1				1						6
Senile Decay								1							1				1	1				1	1						1	7
Still Birth	5	4								1	2						2	6					1	2			1			1		25
Suicide			1																1					1						1		4
Syncope														1										1								1
Tetanus																							1								1	2
Trismus Nascentium																		6	1												1	8
Tumor (Cerebral)																				1											1	1
Uræmia																				1												1
Wounds (R. R. Cars)																									1							1
Wounds (Gunshot)	2		1																											1		4
Wounds (Cut)																										1						1
Cause not given											1		1					4	2	3		1					1					13
Total in each County	10	10	4	5	0	1	*	6	4	3	11	15	4	8	4	1	21	54	13	14	2	4	11	7	5	10	4	2	0	36	23	292

*Duval County failed to render any report, though allowed until December 30th.

Health in the State.

The reports for November, compared with the preceding month, indicate that pneumonia and diphtheria slightly increased, and that there were less deaths from consumption, malarial and typhoid fevers, diarrhoea and cholera infantum. Two deaths are reported from catarrhal fever, or, as it is more popularly known, "La Grippe." This disease is again becoming quite prevalent throughout the North and West. No section of the State seems to have experienced any unusual amount of sickness. The mortality returns from Jacksonville were lower than during any month since July, 1890; while the death rates for the cities of Key West and Pensacola denote the average. The death rate for the whole State for the month of November is quite flattering.

Ages of Decedents.

	White.		Colored.		Total
	M	F	M	F	
Still Born.....					
Under 1 year.....	28	20	21	18	87
Between 1 and 5 y's	12	6	10	6	34
" 5 " 10 "	2	3	3	1	9
" 10 " 15 "	1	2	1	1	5
" 15 " 20 "		1	1	2	4
" 20 " 25 "	5	4	3	4	16
" 25 " 30 "	4	5	3		12
" 30 " 40 "	17	9	4	4	34
" 40 " 50 "	6	6	3	9	24
" 50 " 60 "	7	2	5	4	18
" 60 " 70 "	7	5	8	1	21
" 70 " 80 "	4	5	1	3	13
" 80 " 90 "	1	7	1	4	13
" 90 " 100 "					
Over 100 years.....					
Not stated.....	1	1			2
Total.....	95	76	64	57	292

Summary.

Number of counties reporting.....	28
Number of cities reporting.....	2
Total population of said counties and cities.....	297,071
Number of births reported.....	432
Number of marriages reported.....	259
Number of deaths reported.....	292
Birth rate per 1,000 per annum.....	17.46
Death rate per 1,000 per annum.....	11.40
Average age of this month's decedents.....	26.71
Number of deaths under five years of age.....	121
Number of deaths over seventy years of age.....	26
Number of deaths by violence.....	17
Number of premature and still births.....	31

Diagram of Diseases Causing Heaviest Mortality.

Malarial Fever*.....	27
Consumption.....	26
Heart Disease.....	16
Pneumonia.....	11
Cholera Infantum.....	5

*Under this head is included the terms "Continued," "Protracted" and "Pernicious" Fevers.

Meteorological Summary.

(Observations at Jacksonville Station.)

Mean temperature for Nov. for 22 years.....	62.0°
Mean temperature during Nov. 1892.....	60.0°
Highest temperature, on the 8th.....	85.0°
Lowest temperature, on the 25th.....	35.0°
Prevailing direction of wind.....	North.
Killing Frosts on the 12th and 25th.....	

Reports from Havana.

Yellow Fever.

	New Cases.	Deaths.
Week ending Nov. 3, 1892.....	40	11
Corresponding period of 1891.....	32	9
Week ending Nov. 10, 1892.....	30	7
Corresponding period of 1891.....	20	6
Week ending Nov. 17, 1892.....	60	16
Corresponding period of 1891.....	15	6
Week ending Nov. 24, 1892.....	63	18
Corresponding period of 1891.....	14	5

SUMMARY—YELLOW FEVER.

June, 1892.....	71	14
July, 1892.....	155	24
August, 1892.....	144	58
September, 1892.....	364	85
October, 1892.....	224	49
November, 1892.....	193	52

Death Rates.

	1891.	1892.
January.....	16.19	16.65
February.....	13.02	12.41
March.....	12.36	14.91
April.....	13.22	14.35
May.....	11.75	18.51
June.....	12.64	15.22
July.....	16.24	13.75
August.....	13.33	14.27
September.....	12.37	10.39
The nine months.....	13.46	14.50

FLORIDA HEALTH NOTES

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MEMBERS OF THE STATE BOARD OF HEALTH.

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JOSEPH Y. PORTER, M.D., *Secretary and Health Officer*,
Key West and Jacksonville, Fla.

Office of the Board, Jacksonville, Florida.

All communications should be addressed to the Secretary of the Board, whose official address is, Jacksonville, Fla.

The National Quarantine Bill.

The Boards of Health of the different seaboard states have been much agitated during the month over the proposed legislation in Congress, looking to the assumption by the General Government of the control of quarantine matters; vesting in the Treasury Department, through the Marine Hospital service, the power to regulate the entry of all vessels to ports in the states, from ports foreign or otherwise, where cholera, yellow fever or other infectious diseases may prevail.

The "Harris Bill," which is the measure which has been adopted, confers the executive duties imposed in the various sections, upon the Supervising Surgeon General of the Marine Hospital service, virtually making him the government sanitary and quarantine official of the entire country, for, under the authority of this bill, he can assume control of epidemics occurring inland as well as seaboard, and can regulate for the prevention of the inland passing of contagious diseases from one state to another.

The active opposition to the bill came from the strict exponents of the tenets of the Constitution, and also from the State Boards of Health, whose very excellent administration of health and sanitary affairs of their respective states in the past, makes them exceedingly unwilling to acknowledge that the administration can be in any manner bettered by being placed under federal supervision.

The State Health Officer of Florida was importuned to protest against the passage of any national control by Congress. These requests came from sister seaboard states, and sections of our own state, but he refused and refrained from taking any active part in the discussion of the matter, preferring to leave the representatives of the state in Congress, uninfluenced by suggestions from him, as from what he could learn by conversation with representative citizens and from the utterances of the press of the state, the sentiment of the people seems to be largely in favor of turning over the management of the state quarantine to the general government. No doubt this feeling was influenced largely by the expense which a state quarantine entails upon the tax payers. It is believed that no fault is found, or can be found with the state health officials, nor can it be charged that they have not administered the management economically, justly and efficiently. All of this is conceded, but the revenue derived from shipping in the matter of disinfection and quarantine detentions has not re-imbursed the State for the expense of maintaining the stations and the burden of this absolutely necessary supervision of the health

of the state through the coast has fallen upon the tax payers. It is, therefore, not to be wondered at that a relief from this tax offering itself in the shape of national control should be welcomed.

The Supervising Surgeon General of the Marine Hospital service, is an intelligent, zealous and conscientious officer and a man of ability; it is to be hoped, therefore, that in the formation of his rules and regulations for the government of this new service that he will make them sufficiently elastic and flexible, so that his subordinates, especially selected for their knowledge and ability in this difficult line of sanitary work, will be clothed with certain discretionary powers, so that they can best serve the commerce of the sections wherever stationed, and at the same time conserve the public health of the country for it must needs be conceded that a quarantine requirement necessary for the port of New York may not at present be necessary for a port in Florida, and the strict enforcement of which here, might result in serious embarrassment to the commercial interests of this state.

An argument in favor of national control of quarantine is that the commerce of the country will be relieved, thereby, of an unjust tax in the matter of disinfection and cleansing of vessels from foreign infected ports. In other words, that the purification necessary should be done free, and this the Harris Bill proposes to do.

We would invite attention to the fact that nine-tenths of the commerce of this country from foreign ports, and communications with those ports, which threatens or menaces our health, is carried on by foreign bottom vessels, that is to say vessels owned either in whole or part by foreign ship owners, and who seek our ports for pecuniary benefits that they may derive from exports in the nature of freights. Does our government admit this class of vessels free to entry in our custom houses? Does it not impose a tonnage tax? Why, then, should the people of these United States be called upon to pay for the protection against importation of diseases from foreign sources and by foreign carriers? In other words, why

should a German, Italian or Spanish ship, or Cuban smack with cholera, small-pox or yellow fever patients on board, or infected with these diseases, be cared for as to their passengers, and disinfected and purified as to each, at the expense of this government? No other nation accords such privileges to foreign vessels, and in the national control of quarantine THE NOTES enters its protest against free disinfection of foreign shipping.

THE NOTES strongly urges the appointment of a National Officer of Health in the President's cabinet, who, acting through the State Boards of Health, can advise, counsel and distribute sanitary information and useful hygienic knowledge. Congress could and should annually appropriate a certain sum of money to assist in preventing the introduction of epidemic diseases into the United States, and to aid in suppressing any that may arise. This fund should be distributed through the Cabinet Health Officer to the State Boards, according to the necessities and requirements of each, and the financial inability of each to help itself. This money could be accounted for by detailed statements of expenditures to the proper auditing officers of the government. But the administration should be left entirely to the State Boards.

The general government aids in some such way the militia of states by supplying annually a certain amount of arms and ammunition and tents, therefore, in the same manner it could aid in protecting the public health.

We believe that a system of national supervision, such as is roughly outlined in the above suggestion, would meet all the demands of a national quarantine that is called for under our form of government.

A CONFERENCE on cholera was held in St. Petersburg, December 13th. The purpose of the conference was to decide on the measures to be adopted to meet the fresh outbreak of the disease that is fully expected to occur next year, more particular attention being paid to the special measures demanded by varying local conditions. —*Medical Record.*

Mallory on Quarantine.

Florida's quarantine system continues to be the subject of a good deal of interest, due to the fact that it has been characterized by an honorable senator as the best in the United States, and to the further fact that Florida's youngest member in Congress has taken a bold stand against the pending quarantine measure. Mr. Mallory, as a member of the Commerce Committee, has been active in the committee discussion of the quarantine question, and has had the nerve not only to maintain a position different from that of other members of the committee, but to prepare and present, single-handed and alone, a minority report in which he bucks up, so to speak, against the whole committee, and incidentally against the whole Senate, for in it he states his objections to the Senate quarantine bill and the bill which the House Committee was considering when he had occasion to make the report. He says that, in his opinion, the features of the bill which propose to restrict importations and immigration for the purpose of preventing the introduction of disease, are not outside the constitutional prerogatives of Congress, although there may be doubts as to the wisdom of this course; but other features of the bill, he insists, are not only novel and startling, but clearly unconstitutional. He says:

"The third section of the bill contains provisions that are both novel and startling. It prescribes, among other things, that an administrative officer of the United States in Washington City may, at his discretion, frame a code of laws to be enforced by the President, if the State authorities fail to do so, whereby, for example, a citizen of New Jersey, temporarily sojourning in the city of New York, may be restrained of his existing liberty to return to his home, notwithstanding the laws both of New Jersey and New York permit him to do so, and irrespective of the fact that he is in no way engaged in Commerce.

"Granting that the right to regulate commerce among the several States implies the right in the United States Government to lay its heavy hand on the subjects and instrumentalities of interstate commerce; to stop railroad trains, steamboats and other agencies of transportation when they arrive at State lines; to put an effectual embargo on the sale and delivery

across a State line of the products of a State of which it is a boundary. Where is there a syllable in the Constitution that authorizes the Federal power to restrain of his liberty and confine to the limits of a single State a sojourner therein, whose misfortune it is to have been within its borders at the outbreak of an epidemic?

"The power of the National Government to impose quarantine restrictions on the interchange of commodities between the States is a deduction from its constitutional power to regulate commerce; but in the absence of any constitutional sanction of an extension of that restrictive power to apply to the liberty of citizens who are in no way connected with commerce, whence comes the right of the Secretary of the Treasury to make rules and regulations, and the right of the President to enforce the same, by virtue of which that restrictive power may be so enlarged as to apply to citizens not engaged in or connected with commerce?

"It would seem that the author of the bill was conscious of the pertinency of such a query, because, by a remarkable clause of that third section, he gives to the sanitary authorities of States and municipalities the privilege of enforcing the rules made by the Secretary of the Treasury, and invokes the potent aid of the President and Federal officials only in those cases in which such sanitary authorities fail or refuse to carry out the behests of the Secretary of the Treasury. To what extent a State or municipal sanitary authority would be able to enforce the mandate of a Secretary of the Treasury not sanctioned by a State law, is a question both interesting and pertinent, and is suggestive of an inquiry as to the motive that prompted the insertion of that hybrid provision in the bill.

"It is possible that the undersigned is unduly concerned as to the effect of the practical workings of those provisions of the third section, to which he has thus briefly adverted; it is possible that, by a wise exercise of his discretion, however unlawful it may be, a Secretary of the Treasury may so frame his rules and regulations, and the President and his appointees so execute and enforce them, that in many instances little, if any, friction will be engendered, and individuals unlawfully restrained of their liberty will unselfishly ignore that fact and bless the legislative wisdom that armed the Executive with such beneficent extra-constitutional power.

"But such possibilities, in the face of the many contra-probabilities that experience suggests, ought not to blind us to the fact that this feature of the bill is a long stride

in the direction of Federal control of matters hitherto exclusively within the jurisdiction of the States; that it is without precedent, save the recent abortive effort to confer on the Federal Government control of the election machinery of certain States, and that its constitutional sanction can be grasped by the ordinary reasoner only by a system of ratiocination in which specious and strained implication supplies a notable want of definite expression.

"We but lately passed through an era in this country that will be memorable in its history. The political party that held sway over the destinies of the nation, on the plea of necessity, and by a united, determined and persistent effort, sought to wrest from the States their time-honored control over the election of members of Congress and presidential electors, and vest it in Federal officials responsible to the government at Washington alone. The argument in favor of the validity of this extension of Federal power was not without plausibility, and the effort was resisted more effectually on the ground of inexpediency than because of its unconstitutionality.

"What part this question played in the last general election it is impossible to say, but the world knows that the party that advocated that measure was driven from power by the voice of an indignant people, and that its attempt to aggrandize Federal power, at the expense of the States, was not an unimportant factor in the accomplishment of that result.

"It is suggestive of comment, and the historian of our times will probably note it, that within less than three months from the date of that political cataclysm, this House of Representatives, on the plea of necessity, is asked to once more organize a raid on State authority, to invade the sacred domain of personal liberty, to wrest from the local authorities of the States a power which, up to this time, has been exclusively theirs, and in order to effectually secure these ends to delegate to a single administrative officer its high legislative function.

"In behalf of the force bill it could have been said that its constitutionality was an open question, and, if unconstitutional, its manacles and thumb-screws were not to be applied to the people oftener than once in every two years.

"The features of this bill, herein referred to, admit of no such consolatory reflections. As to their unconstitutionality there can be no doubt, and if enacted into law they will be with us always."—S. R. Mallory.

Florida's Representative in Congress from the First District, the Hon. S. R. Mallory, in his remarks on the Raynor

Quarantine Bill when under discussion in the Committee of the Whole, ably defended his position as to certain provisions in the bill. We extract from the *Congressional Record* of January 22, the following:

Mr. Mallory:

"Mr. Chairman, I have listened with a great deal of pleasure to the remarks of the eloquent gentleman from Maryland (Mr. Raynor), and I am in full accord with the gentleman in the view that he takes as to most of this bill. I believe that there is urgent necessity at this moment for Congress to take active and efficient measures for the purpose of preventing the invasion of an epidemic, and I think, sir, that this bill indicates that it has been most carefully considered and weighed well by those qualified to do so. So far as the question of maritime quarantine is concerned, I am in favor of all of the features of this bill. I believe it is within the power of Congress, under that clause of the Constitution that gives it the right to regulate commerce, to enact all measures that are necessary for the purpose of preventing the importation of disease to our shores and across our borders; and if this bill was confined to that alone I would do all that my Chamber of Commerce and my City Council have telegraphed me requesting me to do, namely, to cast my vote for the measure. But, sir, there is a feature in this bill which I do not think we should allow to pass without at least some criticism. I refer to a portion of the third section. Under that portion of the third section to which I refer, the Secretary of the Treasury is given power to prescribe rules and regulations, and State and municipal sanitary authorities are empowered to enforce them if they desire; but in the event of State and municipal sanitary authorities failing or refusing to enforce them, then the President is armed with power to appoint Federal officials for the purpose of carrying out those provisions. These provisions, Mr. Chairman, relate to inhibitions upon intercourse between the States. Now, I will go as far as any gentleman who professes to entertain democratic principles, in giving the Federal government ample power in this matter; but, sir, do what I could, I have failed, after a careful examination of the situation and into the judicial decisions bearing upon this point to find any authority in Congress to say that a citizen of the State of New York—not engaged in commerce, not in any way connected with commerce—can have the heavy hand of the Federal government laid upon his shoulder and be compelled to abide in the State of New York against his will.

That is a power we all concede to the States. The State of New Jersey can inhibit the passage of a citizen of New York across the Hudson River. The State of Kentucky can prohibit the passage of a citizen of Ohio across the Ohio River. But, sir, I say there is nowhere in the Constitution, nor in any of the decisions that have been rendered by the tribunals in this land upon this question, that you can put your finger upon a single utterance or intimation that gives that power to the President or to Congress.

That, Mr. Chairman, is my special objection to this bill. I appreciate, as I have said, the necessity of our entering upon legislation of this character at this time. I think there is no State in the Union that has had a sadder experience of the necessity of some general legislation of this character than the State which I have the honor, in part, to represent here. Year after year our shores have been invaded by pestilence. Year after year the Legislature has been battling with it, and passing law after law endeavoring to reach a point whereby the sanitary condition of our country could be preserved, and I, who figured somewhat in the Legislature of those days, long since reached the conclusion that so far as American quarantine is concerned, it is in the power of the United States government to impose or establish rules and regulations as stringent as may be, and that in the end it will prove to be for the benefit of the community. But, sir, I think that before we endorse the principle that is embodied in this portion of the third section, to which I have referred, before we open the door to the exercise of Federal power any more than it has been, notwithstanding the fact that the appeal is a most urgent one, notwithstanding the fact that eloquence can be poured upon us, and every argument that oratory can employ can be ably employed. I say that we will be recreant to our duty if we pass this bill in the form in which it is presented.

Mr. Chairman, I believe that our powers are limited by the Constitution, and unless authority is granted, either directly or by reasonably necessary implication, I, for one, sir, shall not pass beyond what I believe to be the limitations prescribed in that instrument.

Cholera's Record in Hamburg.

HAMBURG, January 11.—The health office reports that there were 10,919 deaths from cholera in 1892, and 26,323 deaths from all causes.—*Times-Union*.

LA GRIFFE has again made its appearance in Chicago and New York.

National Quarantine.

To the "Health Notes."

Senator Harris based his argument for his bill, in part, on the epidemics prevailing at Memphis in 1873 and 1878, confessing thus the neglect of his own State and local authorities when he describes those deplorable scenes that roused the sympathies and secured the aid of a wide relief from the citizens of other States. And why, Senator Harris, since your local authorities have drained and paved, and by every sanitary measure possible have rescued Memphis from returning epidemics, aided by the Louisiana State Board of Health—why should these State and municipal powers, having nobly done their duty, be now discredited by you? And why should you advocate your bill as a protective measure as against those means and measures of a State and local nature that have saved Memphis for fifteen years past?

Memphis, as a shipping, cotton and importing point, is rivaling New Orleans, and this has been possible by local sanitary measures and local quarantine, at Memphis and New Orleans, and this is the grandest proof of the advantages of local sanitation, which even commercial rivalry does not impair. Put the hazard of local interests in the hands of a central power, and this, if inefficient, might blight the interests of all save only as favoritism interposed. Senator Harris should not permit the inference to be drawn from his language that the people of New Orleans, being acclimated, have less regard for epidemics which prove fatal to the unacclimated. A people justly chargeable with such a spirit would be unworthy the name of Americans, and that the honorable Senator from Tennessee should remotely hint such a thing, arouses a suspicion that his zeal for his measure exceeded his natural sense of justice and his intelligence. As if a people, themselves safe from harm, were careless of the lives of visitors and the strangers within their gates.

The Senator says: "Scientific investigation has asserted that neither yellow fever nor cholera originates in this country, but that if either is imported under certain atmospheric conditions; they will take root, &c."

Confessed then that there is no danger at home, except from importation, to whom is the country indebted for this security but to the local health authorities of States and municipalities, the very agencies the new law proposes to strike down upon the edicts of a Secretary of the Treasury, who may enter the Cabinet from Minnesota, and have no more capacity to direct the quarantine at Key West than to

direct the armies of Great Britain in an East Indian campaign.

"So far from proposing (see again Senate Committee's Report) to interfere in any way with State or municipal boards of health or their quarantine regulations, it proposes to aid them, *so far as it constitutionally can*, in the execution of their own rules and regulations." That is to say, if the Attorney-General says it cannot be done constitutionally, or the Secretary of the Treasury rules so without a reference to the Attorney-General, then this proviso would be a mere sop to the local powers and of no avail in an emergency; and how easy to use this clause to withhold aid in an emergency and thus constrain local health authorities to yield, for want of funds, to the Federal power, even though not constitutionally exercised?

"But it asserts the right and imposes the duty upon the national authority to make rules and regulations where they are deemed by the Federal authority necessary and where none exist, and to make additional rules and regulations where they do exist but are thought by the national authority to be insufficient to prevent the introduction of these diseases." There is the whole of it. All pretense that a State Board of Health would have anything to do if the Federal authority interposed, is simply ridiculous. It is hardly likely that self-respecting State officials would consent to have their judgment overruled by another, merely because he bore a Federal commission. The tendency of Senator Harris' bill as a law, would be, in time, to wipe out all State and municipal health supervision. Conflict of authority and of regulations would be the introduction, and when the State and municipal authorities had ceased their vigilance and the Federal power was supreme, some economical legislator in Congress, in opposing extravagance, would see to it that the appropriation was reduced, and some day the country would wake up to the realization in the presence of an epidemic, that some one had blundered.

The health of the people of a State is a problem that belongs to a State. The assumption of superior wisdom residing in Washington over that in New York or New Orleans is unwarranted. Local patriotism is not dead. It is no vain saying to assert that the medical faculty of New Orleans are better equipped to deal with yellow fever than all the medical faculty north of Mason and Dixon's line, and this on Senator Harris' own assertion as to the people of New Orleans being acclimated, &c.

Does Senator Harris recognize the import of his use of the term "acclimated" as he applied it, as protecting the New

Orlean's citizen from yellow fever? There are two processes said to have this protective power: one through having had the disease and the other by virtue of a length of residence in a climate liable to yellow fever, by which the resident is considered as protected from a serious attack of the malady.

Is it then the climate of New Orleans that acclimates, and thus protects by reason of the disease germs being so general that it may be termed atmospheric or climatic inoculation? Or, is it due to a general or frequent prevalence of yellow fever in New Orleans?

We know, in fact, that so seldom of late years has yellow fever even visited New Orleans in sporadic cases, it is impossible for a general inoculation to have thus prevailed. Then if Senator Harris spoke the facts as to the people of New Orleans being acclimated, he must have meant that length of residence fortified the citizens by climatic inoculation against liability to yellow fever; hence yellow fever is as liable to domicile in the Gulf States as in Cuba, Central or South America, and is only restrained from fatal prevalence at New Orleans and other Gulf ports by such local sanitary and quarantine supervision as obtained under the Texas, Louisiana, Alabama and Florida State Boards of Health; by which climatic inoculation is restricted to a useful office.

It will not be disputed that yellow fever is the more readily generated in a hot climate, by reason of the conditions being more favorable—conditions that yellow fever may readily take root—establishes the fact that the more general dissemination or intensification of the conditions that acclimate and protect may produce yellow fever. This is a logical deduction and leads to the conclusion that no one is acclimated to the extent of being protected from yellow fever except through an attack of the malady in a mild, incipient form, i. e., climatic inoculation. The conditions that inoculate in the more aggravated form, produce severe typical cases that the faculty do not fail to recognize. Between the cases of mild inoculation, called acclimation, of which no record is made as such and the fatal cases, cases arise that are merely "suspicious." The higher sanitation deals with the inoculating conditions of climate, to dispel conditions favorable to cases suspicious, out of which may rapidly develop typical cases.

Dealing then within a debateable territory with yellow fever, Senator Harris' bill must result in something more than merely barricading the Southern coasts against the inroads of even yellow fever alone. The home conditions of disease in the Gulf States must be watched and

guarded. The work now being done by the State and municipal health supervision is more than watching and guarding; it is the close scrutiny and study of local cases, of local conditions, and as these go to make up the general state of health, this, the local boards, have not only the best facilities, but the best aptitude to grapple with. This view of the subject is only an enlargement of the value of the old family physician in an emergency as superior to the most skillful, who had only for the once been called to the patient. If a single patient is best served by his regular physician, the local conditions are better served by the local sanitarian, and there is no grander assumption of the God-like attributes than that a central authority at Washington can be equally as effective as forty-four central authorities, each efficient within its own sphere. There is no doubt about the fact that a central authority at Washington will do very well for a weather bureau.

If the practice of medicine was an exact science, with formularies of unerring efficacy; if disease was at once known by exact diagnoses, its premonitions clearly seen, that its advance might be invariably arrested, then might a central authority issue its orders to its agents as a general directing an army, but a Halleck directing from Washington army operations in the field failed of success, and success was attained through more than forty-four generals, led by Grant, Sherman, Thomas and others.

The sanitary campaign against yellow fever, cholera, &c., may be by some viewed as one to be conducted by a Cabinet officer at Washington, but every true and tried sanitarian knows that every field of danger must have its local Grant or Sherman or Thomas, if the enemy—diseased conditions—shall be driven out by sanitary measures.

If war, in which killing and crippling is an essential element, cannot be successfully directed by a central authority at Washington, what hope of success is there in the far grander work of saving life in communities, by sanitary means, through the same system of central oversight and supervision?—*Horatio Crain, Key West, Fla.*

Typhus Fever.

Typhus fever has again appeared in this city (New York). At date of writing sixty-four cases had been discovered and isolated. Vigorous measures are being taken to stamp out the infection, and there is little doubt that the Health Board will succeed.

—*N. Y. Medical World, January 7, 1893.*

Dr. W. E. Anderson on Quarantine.

We commend to the attention of our readers the following very interesting letters from Dr. Warren E. Anderson, of the State Board of Health, to Senator Call and the Chamber of Commerce of New York City, on the subject of National Quarantine supervision:

Hon. Wilkinson Call, U. S. Senator, Florida, Washington:

PENSACOLA, FLA., January 2, 1893.

MY DEAR SENATOR: I inclose a copy of an article written by me at the request of the New York Board of Trade, and would like for you to give it a few moments of your attention. It seems to my mind that there is an unwarranted attempt on the part of the advocates of a centralized government to interfere in matters of public health which now more closely affect the interests of our people than any other subject. If such interference was justified by impending danger, or if there was a guarantee that the National Government could operate our quarantine system more efficiently than the State, then I would be in favor of yielding a point, but as the matter stands I must deny the correctness of both propositions.

These well-meaning people fail, in their impetuous zeal, to recognize two facts that cannot be disputed. The first is that under any management of quarantine which attempts to keep out disease and at the same time to conserve our commercial interests, epidemics will be an occasional probability, until our sanitary conditions are brought to the highest state of perfection; then only can they be defied. The other fact to which I would direct your attention is that it is only within the past decade that our people have studied the subject of maritime sanitation at all, and in that time we have not had an epidemic of any disease, save the one in this State, and that occurred before the creation of our State Board of Health.

The Marine Hospital Service, acting as an advance guard to the coast defense, is a most valuable auxiliary to local quarantine measures, but I can see no good reason why it should be vested with powers higher than those it already possesses, and I believe it would be unwise to enlarge its authority save in foreign countries (at the largest seaports), where, in connection with our consular agents, its officers could personally superintend the immigrant or passenger and his effects, that they may not act as carriers of infective material.

It occurs to me, also, that the usefulness of this branch of the Government might be increased by placing under its control the Revenue Marine Service, which could

then, in conjunction with its present duties, act as a coast sanitary patrol. But I believe that our safety is best secured by a concert of action between the State and General Government—in other words, just as the system works to-day—so far as the right of authority is concerned; but let us go on and perfect both without destroying either, or in any way impairing the usefulness of the one without the positive knowledge that the fullest measure of safety lies alone in the success of the other.

I remain, very sincerely yours,

WARREN E. ANDERSON.

*Hon. Oscar S. Strauss, Chairman, No. 55
Liberty Street, New York City.*

PENSACOLA, FLA., December 12, 1892.

SIR: Your communication of the 5th instant to hand.

In answer to inquiry 1, "Quarantine administrations in foreign countries as furnishing precedents for the United States," I would say that I do not know of any foreign country the size of ours, furnishing such varieties of climate and diversities of business interests likely to be affected by quarantine, where a uniform system is in practical operation, and, of course, no comparison can be made unless similar conditions existed in both cases.

We are probably too close to tropical neighbors who do not thoroughly appreciate the benefits of sanitation to secure us in adopting the enlightened quarantine system of Great Britain, and we are, on the other hand, too jealous of our business interests to permit of our accepting the exclusive, non-intercourse system of Spain. The liberal quarantine policy of England might be adapted to the needs of New York or Massachusetts, but put in operation in Florida and Louisiana, it might be as disastrous to the public health of these States as would the rigorous policy of Spain be to the commerce of our Northern States. This proposition will remain true, not only until we have ourselves arrived at a higher state of sanitary perfection, but until science removes the dangerous sources of infection to the south of us. No one foreign country could furnish us with a safe precedence for our guidance in matters of public health.

2. "The present status of quarantine in the United States: A. National; B. State."

In my opinion the rivalry existing between these constituted authorities has been productive of great good to the country, and has succeeded in increasing the security, on the one hand, by the application of scientific methods, and, on the other, materially lightening the burden on commerce by shortening the days of

detention to a few hours of inspection and cleansing. I am sure that the condition of both our National and State quarantine systems is improving each year, and I believe it to be a matter of only a short time when it will be little less than perfect.

3. "The existing system of quarantine administration in the United States: A. Cost; B. Restrictions imposed on commerce and travel; C. Security afforded."

A. Under the National system of quarantine, as it now exists, the entire cost of maintaining the different stations is borne by the General Government, or, in other words, by taxation levied upon our people. In this connection it might be interesting to know that in his recent report the Secretary of the Treasury says:

"At smaller seaports, where local quarantine provision is sufficient, and where cholera-infected vessels might seek entrance to avoid the greater restrictions at larger ports, the authorities have been invited by circular to apply for such aid from the Marine Hospital Bureau as may be required for their defense."

I should like to ask if this does not appear as a general invitation to all foreign commercial powers to send their vessels to our shores, preferably to the smaller ports, when they are in need of sanitary repairs, as such work will be done gratis? What magnificent generosity, but how appalling to the mind of the already overburdened American tax-payer. On the other hand, the different States of the seaboard collect the revenues for the support of their quarantine stations by charges upon commerce (generally foreign), thus relieving us of all expense in the matter. The justification for this plan, if it needs one, seems to my mind to lie in the fact that those who are instrumental in the importation of epidemic diseases should bear the burden of the cost of their ignorance or carelessness, as the case may be, and no tax should be collected from those who are merely the victims of the criminal stupidity or negligence of others. That this expense upon the shipping interests is not unjust I believe to be true; nor do I think that in many instances it is in excess of the benefits derived by the owners of vessels which are in need of being placed in a sanitary condition.

B. The restrictions upon commerce and travel are being reduced to a minimum, and under improved methods of rapid disinfection and cleansing they will shortly be removed altogether. In support of the truth of this statement I will cite you the fact that under an enlightened system of quarantine this State has carried on safely and uninterruptedly for the past three years its commercial relations with the neighboring Island of Cuba, whereas before that time our quarantine laws, while

interdicting commerce, were yet unable to prevent the introduction of yellow fever. If so much has been accomplished in such a short space of time, what may we not hope for in the very near future?

C. The security afforded has been greatly increased of late years, and is, no doubt, due to the same causes which have operated to remove the restrictions on commerce and travel; that is, instead of detention, scientific sanitary measures have been substituted.

4. "A National quarantine: A. Would it lessen the existing imposts upon commerce? B. Would restrictions on commerce and travel be less injurious? C. Would it afford increased security to the country?"

A. Possibly it would, but by placing a tax upon those who are in nowise responsible for the conditions necessitating the resort to quarantine measures, and this I would consider unjust.

B. No. I can see no reason why the principles of quarantine executed by the intelligent hands of the State or community whose health and prosperity are both at stake should not be more successful than when operated by an official at a distance, who may be totally ignorant of the conditions and requirements of such State or community.

C. No. There is nothing in all the history of quarantine to justify the opinion that health matters are safer in the hands of the general government than in those of communities directly or likely to be affected. In substantiation of this statement it is only necessary to recall the fact that very recently the health authorities of a commonwealth of this Union succeeded in averting an epidemic of the terrible disease which had baffled the best efforts of the compact and centralized powers of Russia and Germany. When the citizen knows that much depends upon his individual efforts toward sanitation, and that he has a voice in the practical operation of all systems devised to prevent diseases, he becomes a most zealous and intelligent factor; but let him understand that the General Government has charge of all matters of public health and he at once loses his interest and looks only to that government for protection and safety.

Sanitation and not quarantine should be the aim of the modern scientist, and in order to attain this end, it is absolutely necessary to have the hearty co-operation of every individual in every community in the country. This cannot be done by the supervision of the General Government, and I believe the attempt at such interference would result only in a disastrous failure. Very truly, yours,

WARREN E. ANDERSON.

Senator Call's Views.

"The necessity, therefore, for some central authority extending all over the country is a manifest one, and it seems to me one as to which there should be no doubt.

In the State of Florida, which lays in close proximity to Cuba and the West India Islands, where the yellow fever has become perennial, and where in its worst forms it is at any time and at all times liable to be imported into the United States through the almost daily intercourse which exists between portions of the State of Florida and Cuba and the West India Islands, the port of Tampa has, by reason of its railroad connections, become almost the exclusive port on the mainland at which these immigrants and these passengers and this freight arrive. Under the enlightened administration of the Health Board of that State by Dr. Porter, of Key West, president of the board and a former surgeon of the United States Army, and by Dr. Burgess, an agent and employe of the Marine Hospital Service, stationed in Havana, they have adopted a system of maritime sanitation with a disinfecting apparatus belonging to the State which has been a complete protection and has eliminated from the commerce between Cuba and the other West India Islands and the State of Florida and the commerce of the United States passing through the State of Florida all danger of infection. Since the establishment of this system there has been no introduction of this most dangerous and deadly disease into the United States from that source.

So in regard to Pensacola under the influence of Dr. Anderson, of the State Board of Health, and other gentlemen in connection with the Marine Hospital Service co-operating with them, they have been enabled to make that place entirely secure against the visitations of yellow fever which formerly entered at that port.

Now, this is a step in advance in the direction of maritime sanitation. It requires a place of detention, a place of disinfection, a place where there is the apparatus devised by modern science for the purpose of thoroughly disinfecting the vessel, the passengers, the freight, and all this has been reduced to a demonstration. Hence it is we find in that valuable mass of evidence collected by the Supervising Surgeon-General of the Marine Hospital Service and lying upon my table here, that this opinion is confirmed by all distinguished scientists and medical men who have been charged with the protection of the people of Russia and Germany and other countries of Europe against the cholera in the recent epidemic.

The plan of sanitation and short detention and disinfection has been found to be a secure protection. There is no question, while cholera is not as liable to be introduced by passengers in the cabin as it is by the great mass of immigrants in the steerage of a ship, that it is not a respecter of persons, and that it will be found in the cabin as well as in the steerage. While in view of the facts that at many of our different ports there is no adequate mode of disinfecting and protecting the community from danger from those people except by their exclusion, it is certainly true that it is incumbent upon the United States to see that in every locality where there is intercourse with foreign countries, where this disease or any other infectious or contagious disease is prevailing, it is the duty of the United States to see that that commerce shall be confined, so far as it has the power to do it, to the places where the passengers and the freight of commerce may be thoroughly disinfected and made safe to enter into the country."—*The Congressional Record*.

Control of Quarantine.

The bill relating to quarantine which has passed the United States Senate contains some excellent provisions, and it would perhaps afford an adequate basis for a national quarantine service if its enforcement were vested exclusively in national authority. It practically assumes authority over the whole subject so far as the making of regulations and requiring compliance with them is concerned, but when it comes to actually enforcing compliance, it relies mainly upon State and local authorities, whose subjection to the law can only be voluntary. It therefore provides for a divided authority in the administration of the service, which is very likely to lead to conflict and may produce trouble just at the time when harmonious action is most important.

Certain provisions of the bill relate to matters wholly beyond the jurisdiction of State and local authorities. It authorizes the Secretary of the Treasury to make rules and regulations to be complied with at foreign ports by vessels destined to ports of this country, "for securing the best sanitary condition of such vessels, their cargoes, passengers and crews before their departure for any port in the United States, and in the course of their voyage." Consular officers at the foreign ports or medical officers of the United States detailed to act with them, must certify to the compliance of all vessels destined for United States ports with these rules and regulations, and their certificates are made part of the ship's papers necessary to

secure entry on this side. In addition to incurring the risk of exclusion from entry, vessels violating these regulations are made subject to a penalty of \$5,000. It will be noticed that the authority given to the Secretary of the Treasury is far-reaching and would enable him to prescribe rules to be observed, not only at foreign ports, but on board the vessels while upon their voyage, for the maintenance of proper sanitary conditions, including a limitation of the number of persons to be carried in the steerage and the regimen to be applied to them. While there is in the bill no direct reference to immigration, it is provided that whenever the President is satisfied that contagious diseases exist in any foreign country and there is serious danger of their introduction into the United States, notwithstanding the quarantine defense, and that the danger is so increased by the introduction of persons or property from such country that a suspension of the right to introduce the same is demanded in the interest of the public health, he "shall have power to prohibit, in whole or in part, the introduction of persons or property from such countries or places as he shall designate, and for such period of time as he may deem necessary."

In order to enter our ports, all vessels are required to comply with "the provisions of this act and with such rules and regulations of State and municipal health authorities as may be made in pursuance of or consistent with this act," and a penalty is prescribed for violation of this requirement. While the state and municipal rules and regulations are recognized and in a certain sense adopted, the Secretary of the Treasury may make and promulgate "such additional rules and regulations as are necessary," as well as provide them for ports at which no quarantine now exists. Besides this general provision, the section which relates to regulations to be observed at foreign ports, and on the voyage declares that the Secretary of the Treasury shall also make "all such other rules and regulations as shall be observed in the inspection of the same (vessels) on the arrival thereof at any quarantine station at the port of destination, and for the disinfection and isolation of the same and the treatment of cargo and persons on board, so as to prevent the introduction of cholera, yellow fever, or other infectious diseases." In fact, the Secretary of the Treasury is empowered virtually to supersede State and municipal regulations, if he thinks best, and he may acquire the buildings and appliances of any existing station "whenever the proper authorities of a State shall surrender to the United States the use" of them.

All this is very well, but the weakness of the bill appears in the provisions which relate to the enforcement of quarantine in our ports. In the third section it is provided that the Surgeon-General of the Marine Hospital Service shall "examine the quarantine regulations of all State and municipal Boards of Health," and "co-operate with and aid" such boards in the execution and enforcement of their rules and regulations made by the Secretary of the Treasury. In the fourth Section it is made the duty of the Surgeon-General of the Marine Hospital Service, under the direction of the Secretary of the Treasury, "to perform all the duties in respect to quarantine and quarantine regulations which are provided for by this act," and to gather information about the sanitary condition of foreign and domestic ports, etc. But in Section 5, which relates to the regulations to be observed at foreign ports and on arrival "at any port of the United States," it is declared to be unlawful for any vessel to enter said port, discharge its cargo or land its passengers, except upon a certificate of the health officer of such quarantine station certifying that said rules and regulations (issued by the Secretary of the Treasury) have in all respects been observed and complied with, as well on his part as on the part of said vessel and its master, in respect to the same, its cargo, passengers and crew." It is plain that the execution of the provisions of the law and of the regulations made by national authority will depend mainly at a port like that of New York, upon the local health officer and his subordinates. The national government will have no power to replace them if inefficient, or to hold them to a faithful performance of their duties. In fact, the quarantine Bill in effect provides for a national system, the administration of which at the most important points will be wholly out of national control. It gives power to make regulations, the enforcement of which will be in hands that are not subject to national authority. The most essential thing in any system of administration is the power that is to operate it, and the authority that controls that power will determine its success or failure.

—New York Times.

Investigations at Havana.

The Congressional Sub-Committee on Immigration, which visited Florida and Cuba last month, investigating the possible risk of introduction of cholera into the United States from Cuba and the West Indies, completed its labors and returned home in the early days of this month. The committee was met in Key West by the State Health Officer of Florida, and on the

very urgent request and invitation of the chairman, Hon. Redfield Proctor, that officer accompanied the committee to Havana and back to Port Tampa.

A short stop was made at the Mullet Key Quarantine Station, and the disinfecting plant of the State was exhibited and explained in its workings to the members of the Committee. The committee were courteously treated while in Havana by Consul-General Williams, Dr. Burgess, the very efficient sanitary officer of the United States Government, attached to the consulate there, and by the Spanish officials of the Superior Board of Health of the Island of Cuba. From Dr. Burgess and this latter organization much valuable information was gained of a sanitary nature, both as relating to Cuban and Spanish health-preventive measures against importable contagious diseases and measures necessary to protect the United States from foreign invasion of this nature.

Aside from the social features connected with an association with this committee of several days, which was most pleasant and greatly enjoyed, the State Health Officer was enabled in a business way to impress the gentlemen with the necessity of Government aid in the coast protection of Florida by a thoroughly organized coast patrol, the expense of which would be too great to be borne by the State. The committee expressed itself as greatly pleased with the regulations of the State Board of Health of Florida, and the complimentary remarks about health protection by Florida made in the Senate by Senator Squire and others would seem to indicate that the committee were favorably impressed with the work of the Florida Board of Health.

A Compliment to Florida.

Florida came to the front yesterday in the United States Senate in the discussion of the Quarantine Bill, as will be seen by the following dispatch received by the *Times-Union*:

Senator Watson C. Squire of Washington, who was a member of the committee which recently visited Florida and Cuba, paid a high compliment to Florida to-day in the discussion of the quarantine matter in the Senate. He said: "The subcommittee learned much upon the subject from the state officials of Florida who have provided expensive means for resisting the approach of contagious and epidemic diseases. The statement was made to me by Dr. Joseph Y. Porter, the executive officer of the Board of Health of that state, that it had taken the board nine months to prepare the very excellent quarantine station which now existed at Mullet Key

near Tampa; that it is provided with all the latest and most approved facilities for disinfecting vessels by the use of bi-chloride of mercury and gases from the burning of sulphur, so as to apply these remedies directly from the wharf to the ship; also by the use of an immense cylinder for disinfecting clothing and other effects by the application of steam heat and dry heat; also upon the wharf. It takes time to prepare such apparatus, and it would be impossible, should an effort be made now, to turn this business all over to the United States authorities, to prepare in time what will be necessary to resist an encroachment of cholera or other epidemic disease during the incoming spring. We are almost in the immediate presence of a danger expected, and it will not do, perhaps, to depend entirely upon what may be provided by the federal government. We must avail ourselves of the preparations which have already been made by the States of Florida, Louisiana, South Carolina and other places. I understand that we have no such adequate provisions as these in the city of New York or at any other northern port."

The committee on its way back from Cuba last Sunday afternoon was permitted, on the invitation of Dr. Porter and through the courtesy of Captain McKay of the Olivette, to make an hour's stop at Mullet Key, where a thorough inspection of the state's quarantine and disinfecting station was had. All the members of the committee were deeply interested in the plant and in its mode of operation, as explained by the State Health Officer, and they were surprised to learn that the State of Florida had adopted such wise precautionary measures and had actually had them in operation for two years. This Mullet Key plant, with those at Pensacola, New Orleans and Charleston, is said to be the best equipped in the country, and they would prove of almost incalculable aid to the government should it suddenly be called upon to assume control of all coast quarantine matters in the United States.

While New York State has only a comparatively small strip of coast line to protect, Florida has an immense stretch of it; yet our appliances for shutting out disease are far ahead of the boasted system of New York.

Senator Squire is undoubtedly right. The Federal government cannot jump at this thing effectively at a bound. It must call some of the States to its aid.—*Times-Union*.

We give elsewhere the text of the Harris National Quarantine Bill and the Raynor Quarantine Bill, both of which measures have been before Congress during the month.

Direct From Santos.

The Norwegian bark *Norden*, Capt. Jensen, and crew of twelve, arrived at Port Tampa January 10, direct from Santos, where she had been laying for some two months. Her bill of health was "unclean" and she brought two hundred tons of mixed ballast of suspicious character. The agent of the State Board, after inspection, ordered her to proceed to the Mullet Key Quarantine Station to discharge the ballast and undergo disinfection. This is the first time it has been necessary to have recourse to the disinfecting apparatus at Mullet Key since the close of the active quarantine season on November 15. On page 46 of the November Notes will be found a reference to the epidemic of yellow fever, which has raged at Santos.

Diphtheria.

In Escambia County: One case reported in the city of Pensacola on December 2, 1892.

In Duval County: A case reported by health officer of Jacksonville on December 10, 1892.

In Volusia County: December 19 the secretary of the County Board of Health, reported one case in Orange City.

In Bradford County: January 10 Dr. Tate Powell, Secretary County Board of Health, reports one death and a case in that county of a very malignant type. The infection was traced to Minnesota.

In Orange County: Under date of January 13 one death and three cases are reported by the Secretary of the Orange County Board of Health.

Notelets.

SECRETARIES of County Boards of Health will please read "Special Reports" on page 47 of the November number of THE NOTES. They are too often neglectful in this particular.

We invite attention to the letter of Dr. Warren E. Anderson, of the Florida State Board of Health to the New York Chamber of Commerce on the subject of Immigration and National Quarantine.

HON. S. R. MALLORY, Florida's representative in the First Congressional District, submitted a minority report against the National Quarantine measure from the Committee of Inter-state Commerce, of which he is a member. A portion of his argument, as given from a *Times-Union* Washington correspondent, is given on another page.

Causes of Deaths During December.

Mortality Reports of the Twenty-eight Counties and Two Cities of the State of Florida, below enumerated, during Dec. 1892, classified by Diseases

DISEASES	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL	
Abscess	1	1
Accident (not stated).....	1	1	.	2
Angina Pectoris	1	.	1
Apoplexy	1	1	1	3	
Asphyxia	1	1	
Asthma.....	1	1	
Blood Poisoning.....	1	1	
Bowels, Congestion of.....	1	1	1	3	
Bowels, Inflammation of.....	1	.	1
Brights Disease.....	1	.	.	1	1	3	
Bronchitis.....	1	1	.	.	1	1	.	.	.	2	5	
Burns	2	1	3
Cancer (Womb).....	1	1	1	
Cancer (Uterine).....	1	1	1	3	
Cerebral Concussion.....	1	1	
Cerebral Congestion.....	1	1	
Cerebral Embolism.....	.	.	1	1	2	
Cerebral Meningitis.....	1	.	.	1	.	2	
Cerebral Softening.....	1	1	
Child-birth	1	1	1	3	
Cholera Infantum.....	4	1	5	
Colic	1	1	
Congestive Chill.....	1	1	
Consumption	4	2	.	.	.	1	1	.	.	3	.	.	2	4	.	2	.	2	2	.	1	.	.	2	.	7	2	35	
Convulsions	1	.	1	1	.	3	

CAUSES OF DEATHS.—CONTINUED.

DISEASES	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL		
Croup											1								1													2		
Dentition																	1															2		
Diarrhœa								1	1		1							2	1							1				1		8		
Diphtheria		1																														1		
Dropsy											1																							
Drowned																								1	1						2		6	
Encephalitis							1							1					1	1											1	3		
Enteritis											1							1					1									3		
Epilepsy																																2		
Erysipelas																																1		
Fever (Catarrhal)																	1															1		
Fever (Malarial)												1	1				2															5		
Fever (Puerperal)																			1													1		
Fever (Typhoid)											1			1		2		1					1						1		2	10		
Fracture, Skull	1																	1														2		
Gastritis																																1		
Gastro Enteritis											1												1									1		
Heart Disease												1																				1		
Hemorrhage (Cerebral)	1										1	1		1	1			1								1		1		6	3	16		
Hepatitis		1																													2		3	
Hernia																																		
Homicide	1																																1	
Inanition																		9						1									10	
Insanity																		1															1	
Intussusception												1												1									2	
Jaundice																																1		1
La Grippe	1																															1		2

CAUSES OF DEATHS.—CONCLUDED.

DISEASES	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DESOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL	
Lungs, Congestion of.....																						2	1		1							4	
Laryngitis.....		1								1																				1		3	
Marasmus.....		1																2								1						4	
Malformation.....						1																										1	
Meningitis.....						1												1													2	1	5
Paralysis.....								1						1					2					1							2	8	
Peritonitis.....																						1										1	
Pericarditis.....																																1	
Placenta Prævia.....											1																						1
Pneumonia.....	3							1			2							1	2	1				1						2	1	14	
Poisoned (Opium).....																						1										1	
Puerperal Hemorrhage.....																		1														1	
Premature Birth.....	1																		1													1	
Rheumatism.....											1																					1	
Salivation.....												1																				1	
Senile Decay.....																		2							1					2	1	6	
Septicæmia.....																									1							1	
Still Birth.....																	2	4			1	1		1								9	
Suicide.....																															1		1
Tetanus.....																						1				1						2	
Trismus Nascentium.....																		5	1												1		7
Ulcer (Stomach).....	1																															1	
Uræmia.....	1																														2		3
Wounds (Gunshot).....				1									1										1		1						1	1	6
Wounds (R. R. Cars).....								2																									2
Cause not stated.....	1								1		1	1		1			2		1	1		1	1				1			3		15	
Total in each County.....	19	6	1	1	0	3	1	5	3	2	14	5	3	8	1	2	11	45	14	7	2	10	8	8	5	6	1	8	0	56	18	273	

1893

Florida Health Notes.

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Diseases Causing Heaviest Mortality in 1892 Classified by Months.

Whole Year	January	February	March	April	May	June	July	August	September	October	November	December
Consumption	36	30	34	19	30	13	15	16	16	33	26	35
Fever (Malaria)	1	1	2	5	4	6	23	29	30	33	27	5
Pneumonia	25	28	22	15	18	4	1	7	2	9	11	14
Fever (Typhoid)	3	9	7	16	12	16	12	23	9	12	4	10
Heart Disease	15	3	15	5	10	11	6	9	8	16	16	13
Diarrhoea	7	1	5	8	14	19	22	15	12	9	4	8
Cholera Infantum				4	5	18	28	25	17	8	4	5
Meningitis	4	6	1	7	8	9	12	8	6	4	5	5
Marasmus				5	3	2	7	11	10	7		6

Ages of Decedents.

	White.		Colored.		Total
	M	F	M	F	
Still Born					
Under 1 year	17	23	18	16	72
Betw'n 1 and 5 y's	5	5	3	6	19
5 " 10 "	4	2		2	8
10 " 15 "	2		1	1	4
15 " 20 "	4	4	2	3	13
20 " 25 "	5	5	6	1	17
25 " 30 "	6	2	3	3	14
30 " 40 "	16	8	7	5	36
40 " 50 "	5	11	9	4	29
50 " 60 "	7	8	6	2	23
60 " 70 "	2	6	3	4	15
70 " 80 "	8	2	4		14
80 " 90 "	2	1	2		5
90 " 100 "	1				1
Over 100 years					
Not stated				1	
Total	84	77	64	48	273

Death Rates.

	1891.	1892.
January	16.19	16.65
February	13.02	12.41
March	12.36	14.91
April	13.22	14.35
May	11.75	18.51
June	12.64	15.22
July	16.24	13.75
August	13.33	14.27
September	12.37	10.39
October	12.66	13.41
November	14.23	11.40
December	11.58	11.03
The whole year	13.22	13.86

Summary.

Number of counties reporting	28
Number of cities reporting	2
Total population of said counties and cities	297,071
Number of births reported	395
Number of marriages reported	398
Number of deaths reported	273
Birth rate per 1,000 per annum	15.96
Death rate per 1,000 per annum	11.03
Average age of this month's decedents	27.94
Number of deaths under five years of age	91
Number of deaths over seventy years of age	20
Number of deaths by violence	21
Number of premature and still births	11

Meteorological Summary.

(Observations at Jacksonville Station.)

Mean temperature for Dec. for 22 years	56.0°
Mean temperature during Dec. 1892	58.0°
Highest temperature, on the 15th	80.0°
Lowest temperature, on the 29th	30.0°
Prevailing direction of wind	North.

Diagram of Diseases Causing Heaviest Mortality.

Consumption	35
Heart Disease	16
Pneumonia	14
Fever (Typhoid)	10
Diarrhoea	8

Reports from Havana.

Yellow Fever.

	New Cases.	Deaths.
Week ending Dec. 1, 1892	45	8
Corresponding period of 1891	14	5
Week ending Dec. 8, 1892	30	10
Corresponding period of 1891	6	2
Week ending Dec. 15, 1892	28	10
Corresponding period of 1891	10	5
Week ending Dec. 22, 1892	10	3
Corresponding period of 1891	8	5
Week ending Dec. 29, 1892	8	4
Corresponding period of 1891	6	3

SUMMARY—YELLOW FEVER.

June, 1892	71	14
July, 1892	155	24
August, 1892	144	58
September, 1892	364	85
October, 1892	224	49
November, 1892	193	52
December, 1892	121	35

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MEMBERS OF THE STATE BOARD OF HEALTH.

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Improve the Human Stock.

The creation of man pre-supposes him to have been made physically perfect, for it is declared that he was fashioned in the image of the Divine Master and Creator. Man's degeneration, and that of the whole human family, results from violation of natural law.

A problem which has been harrassing the minds of sanitarians for ages, and is to-day agitating the thinking public, especially the philanthropists, is how the human stock can be improved on, and possibly restored to its first perfect state. Our farmers meet in their associations and, discussing the betterment of their stock, consider the advantages and disadvantages of interbreeding. The sportsman contributes the results of study and acquaintance with the habits and peculiarities of stock in the bettering and improving of each generation from a special breed of horse or dog. That which is styled "blood" in an animal does not necessarily betoken physical perfection; it is rather the exhibition of some special trait or quality, such as speed, intelligence

or beauty more than endurance, which latter would denote strength and health. While man devotes time and thought to the improvement of stock, and by experiment and observation, has wonderfully increased its value and quality, it is strange that so little thought has been bestowed upon that higher animal, man, in his physical development.

Disease, which is the curse transmitted for disobedience to nature's laws, to the fourth and fifth generation, is both acquired and inherited. With the first part of this proposition we are not dealing in this discussion; it is with the latter, the inherited tendency; that which, through the ill-mated physically, so much of the suffering and unhappiness which afflicts mankind is begotten; to say nothing of financial loss to the state in the consequent care of the numerous institutions for the treatment of disease made necessary by this constantly increasing physical degeneration.

Some months ago the writer chanced to be at a hotel table in Jacksonville in company with two prominent railroad officials, and was much interested in a conversation between them as to the supreme duty, as the elder of the two stated it, of the family physician in preventing those "under his professional charge from contracting marriages, the results of which would be sickly or weak offspring. He stated his proposition very clearly and forcibly, that while the moral law failed to prevent these unwise, if not unnatural alliances, the state should step in and by law forbid the further production of individuals whose existence, conceived in disease, would surely prove a loss in increasing expenses necessary to

their care, and thus sap the wealth and working force of the commonwealth.

Whatever caused disease, or from whence it sprung *ab origo*, are questions with which in this day and in connection with this subject, we need not discuss. We believe, and have frequently stated, that it resulted primarily from either a wilful or ignorant violation of nature's law. It is with us, and yearly destroys millions of individuals, and in many diseases is so insidious and invisible in progress that medical diagnostic skill is frequently baffled. There are other diseases, however, with which we are acquainted, which work by regular laws, if the term is permissible, and the prevention of which can be had if advice is only heeded. Vital statistics furnishes the information that more people die in New York City yearly from diseases clearly preventable than were killed in the late Civil war through battle. We know that consumption is an acquired as well as inherited disease. The public is gradually awakening to the danger of association with this class of individuals in hotels and other public resorts, but it does not yet fully appreciate the misery entailed upon future generations of men and women by the wedding of consumptives, or the wedlock of one or both, whose vital organs may be affected with some chronic disease. One of nature's unalterable laws is that "like begets like," and it is as rational to expect to gather grapes from thorns as to expect to produce, healthy children from parents whose vitality has been lowered or destroyed by disease or through vicious habits. Numerous instances of the evil result of intermarriages are well marked in many of the royal houses of the old world, and even in the new world of America there are localities where due to environment this marrying and intermarrying has almost produced a race of dwarfs and idiots.

The state exercises through its delegated power, authority over the morals and health of its population. It prescribes that marriages which it recognizes only as a civil contract between the parties, shall only be permitted under certain conditions of age and race. Could and should not the protection of future generations through this

contract be further extended by prohibiting the issuing of a license to parties who cannot furnish to the state a certificate from the family physician of exemption of both contracting parties from the transmissible diseases, and the excessive use of alcoholic or narcotic drugs? When the state takes hold of this matter and legislates for future generations, the human race will improve in quality, disease will be lessened in extent and man will be restored to his first condition of physical vigor.

These are but scattering thoughts on a grand subject. Neither time nor space will permit an extended discussion. THE NOTES throws out the hint to some philanthropic legislator to enlarge and improve upon. Will our confreres of the daily press agitate the question?

The Sacramental Cup.

A custom of the Protestant Church has been urged upon the writer's attention as needing and demanding a reform. We refer to the practice of using only one, two or three cups, as the case may be, in the ceremony of the Lord's Supper.

The writer will not be understood as attacking the sacrament itself, for it is with the most profound reverence that we bow to this divine and holy institution, as ordained by our Saviour, in commemoration of His death. It is simply the manner of observing the ordinance that we criticize.

Our reasons for objecting to the use of but one or two cups are four:

- (1) The custom is unclean.
- (2) There is a possibility of its spreading disease.
- (3) It is inconvenient and awkward.
- (4) We are not aware that there is any sanction in the mode of authority of Christ.

Our first point is, the custom of using only one or two cups is unclean.

In most, if not all the Protestant churches, the wine is poured into the few receptacles indicated, and these are passed around to the communicants, who drink the wine while either remaining in their seats or kneeling at the altar. The clergyman being the first to partake of it when

the cup is perfectly clean, can have no hesitancy in conforming to the custom, but by the time each vessel has touched the lips of two or three hundred persons, as the case may be, our readers may imagine the condition of the wine offered to the last communicants.

Think for a moment of the many through whose decayed and neglected teeth the consecrated symbol has been poured. Consider, if you will, the number of those who chew tobacco, and whose mustaches are inevitably besmeared with the juice of this filthy article, and then dipped into the contents of the sacred cup; then you have those whose breath is tainted by a disordered stomach, or catarrhal affection, and those too who suffer from diseased lungs, the breath of each being exhaled into the cup and absorbed by the wine, from all of which there is the dribbling back of mingled saliva and wine, and then decide whether we are not correct in speaking of the practice that now obtains in our churches as unclean.

Our readers will pardon our use of plain language, as the subject seems to justify it.

Our second ground of objection is, that the custom under discussion may possibly spread disease.

It is not merely the things we have enumerated that may taint the wine with fatal germs, there are sore lips and ulcerated mouths that increase the liability to contagion. Indeed, there may be among those who participate in the service persons unconsciously suffering from the incipient forms of diphtheria, who innocently contaminate the wine, and subject all who afterward drink of it to the danger of being infected by the disorder. A distinguished physician of this city informed the writer that not many years since a child, who had what was considered a common sore throat, but which proved to be diphtheria, was kissed by three different persons, and that each one of them contracted the distemper and died. He expressed the opinion that the deadly germs could as readily impregnate the wine in the chalice, as they could be conveyed to the circulation of those persons who received the fatal kiss.

The third objection is, that the usage we wish to do away with is inconvenient and awkward.

The cup used cannot be easily grasped by ladies with their hands encased in tight fitting gloves, nor by children with their smaller hands. Some of the vessels are so large it is necessary to employ both hands in order to hold them safely, and in transferring the sacred vessel from one person to another, by those who are seated in the pews, especially when handled by children, there is the risk of dropping it, or causing the contents to spill over upon the dress of others.

Some of the communion cups are very old and odd shaped, being regular tankards, minus the cover, and they are exceedingly clumsy to handle. The writer once witnessed an accident such as he has suggested. A lady was about to place the cup to her lips, when the person sitting next to her unintentionally struck her arm, causing a quantity of the wine to spill from the cup down the front of the lady's dress and into her lap, producing a commotion and disturbing the solemnity of the occasion. We admit such accidents are not frequent, but there is a possibility of their happening at any time.

Our fourth and last point is, there is no positive proof that our Lord and the twelve disciples all drank out of one cup.

Our Saviour and the disciples were in the midst of a feast, and at that time wine was used generally, as it is yet to-day, and when the meal was prepared and table spread, it is more than likely that a cup was placed for each guest. They had been drinking wine with the bitter herbs and paschal lamb before Christ blessed the wine specially, and said to those with Him: "Drink ye all of it." It is fair to suppose that our Lord blessed the wine in bulk, and then the individual cups were filled from the larger cup or vessel in which the wine had been blessed. It is not probable that there was but one vessel for thirteen persons to drink from, and if it is contended that such was the case, and this custom was to be strictly adhered to by generations yet to appear, how comes it that our churches do not follow the

usage, for they employ two, three or more cups? If they can use two or more, it is just as proper to multiply the number and have a cup for each communicant.

It has been said that "cleanliness is next to godliness," and we firmly believe in the doctrine, and with the most profound reverence we venture the assertion, that if our Lord were a dweller upon this earth to-day, He would enter a solemn protest against the present manner of serving the wine in celebrating the Eucharist.

Personally, we never place the communion cup to our lips without a shudder, and have, on more than one occasion, abstained from going to church on the Sabbath when the sacrament was to be administered, for the reasons implied in the preceding discussion. This may be wrong, and it may not be, but human nature is human nature, and our objection so well founded it is difficult to overcome.

Even in our own households, with our own flesh and blood, we are very particular about having our individual glass or cup at the table, and how a sensitive person, with cleanly instincts and habits, can take the wine from a cup that has been used by hundreds of persons without a feeling of repugnance, and a protest from all his finely organized and delicate sensibilities, is more than we can comprehend. And we believe the time has come when there should be a vehement protest against the present manner of commemorating our Lord's death, so far as the wine concerned.

There is more necessity of confining the wine to a few cups, and thus compelling people to drink that which is unclean, than there is in having only one cup at our table, to be filled with tea or coffee, and passed around for each member of the family to use, or of inviting our friends to our home and, in offering them refreshments, provide only one cup for the buillon, and expect each guest to drink from it in order; or, if you please, furnish only one dish or spoon in which to serve the ice-cream and require one person after another to take a spoonful. How many guests would we have when the next

invitations would be sent out? We are under the impression we would be kept busy reading "regrets," for unlike little Oliver Twist, they would want no more of it.

If we would not do these things at home, why should our churches disregard all sanitary rules in this respect? Are we not called upon to guard our health, and to be as cleanly in the church as we are at home? If not, why not?

We do not know how it may be viewed by our readers, but it is our firm conviction that, in celebrating our Lord's Supper, at which He is supposed to preside in spirit, and to commune with us, we should honor Him, who yielded up His very life for us, at least, equally as much as we do our earthly guests, and we should be scrupulously particular and provide all things cleanly.

We have frequently thought that the manner of serving the wine at the Lord's Supper could be improved and that a reform should be instituted. We believe that if the question were put to vote the great majority of Christians would advocate a change.

Now for the remedy. It is simple and easily applied. Let the officers of the churches provide as many small cups as there are communicants. These tiny vessels could be made of any material, either sterling silver, plated white metal, china or glass, but preferably the latter, because they could be kept clean with less difficulty than silver. They could have handles, and if necessary be flaring at the bottom, and they could be placed upon trays or any other mechanical device, for instance, arranged in rows in pyramid shape, which device could have a handle adjusted in such a manner as to be easily carried, and each little cup could rest in a socket. From fifty to one hundred might be placed upon each tray and the consecrated wine could be poured into these diminutive vessels and passed around for each person to drink from a cup no one else had used.

In those churches where the communicants go to the altar and kneel, a table or shelf could be arranged on brackets, inside and attached to the altar rail, in such a

manner as to drop when not required for use. The cups might be placed upon this table of the Lord, and while the persons were in a kneeling posture the clergyman could hand each one a vessel of the blessed wine.

It matters not in what manner the wine is administered, so long as it is done in a proper and cleanly way. It is the blessed wine we are called upon to drink and not the cup, and it makes no difference how we take it, if it is only done in the right spirit, with a reverent regard for the holy purpose it is to serve, and in devout commemoration of the death of Him who instituted the ordinance.

We have been convinced for a long time that a reform is needed in this particular; we have mentioned the subject to several ministers and to many church members, and they have, almost unanimously, indorsed our views; we have, in our humble way, called attention to the matter and suggested a remedy; we now leave the subject in the hands of abler and far more eloquent advocates, who may be able to suggest some better plan, and if the seed sown will bring forth fruit, we will have served our purpose.—*A. Van Derweken, in The Annals of Hygiene.*

Cremation of the Dead.

This subject is being constantly brought before the public mind, through press reports of the discussions of learned deliberative assemblies where it is viewed in all its bearings, the writings of its advocates in the literature of the day and by the formation of societies for the cremation of the dead. When it comes to be better understood and the minds of the people are freed from misguided sentiment, the incineration of our dead will be looked upon with less horror.

As the thought is a new and revolting one to many, we reproduce an account of the methods of cremation as pursued by the Massachusetts Cremation Society, described by Mary B. Comyns, in "A Plea for Cremation," with the hope that it will disabuse their minds of the belief that this manner of disposing of the dead is attended with features that are revolting.

"For centuries we have buried our dead, believing that by so doing we have cared for them with the utmost tenderness; but what is the result of that so-called tenderness? Simply this: We deliberately consign them to a slow process of decomposition, which, if we could watch its varying stages, would fill our minds with horror. It is in reality a desecration of the body, happily within our power to prevent, and our earnest thought to-day must be given to the consideration of this question which has on the one side mistaken sentiment, on the other sanitation.

"When we think that, in any case, the end—no matter how far distant—is always the same; when we fully comprehend the fact that sooner or later our bodies *must* return to their original elements; will not our first impulse be to spare them the intermediate conditions resulting from inhumation, which are so repulsive to our own senses and which our friends themselves may have often anticipated with a dread too deep to be expressed? And should we not care for them more tenderly, if by means of cremation the end is reached in little more than an hour—always decently and in order?"

"The body, simply clad, and placed in a coffin, is not put into the *fire*, as many persons suppose, but into a so-called chamber of clay, little larger than itself, which is wholly closed except for a few small perforations in the top for the escape of the gases, which are conducted through the fire and consumed. This chamber is heated to a temperature of about 2,000 degrees. *Nothing* but heated air touches the body. It lies *absolutely undisturbed*, maintaining its perfect shape until the last moment, when the beautiful rosy color it has gradually assumed changes to white, and it instantly falls together in the form of pure ashes. Sad, yes, heart-breaking it would be to watch the process, because anything which takes from us forever the forms of those we love is sad and heart-breaking; but when our dear ones have been buried, is there ever a moment during those years and years of terrible changes through which they pass, when we could bring ourselves to look upon them? The crematory, which contains the

heated chamber, may be as beautiful as money and refined taste can make it. The room in which the religious services are held may be as quiet and peaceful as the chapels in our cemeteries. As the service is solemn and reverential, so is there neither carelessness nor levity when the body is removed to its final resting place. All is tenderly done for the moment, and we know that no harm can ever again come to the forms of those we have loved. Is it so with inhumation?"

The Chances of Cholera in 1893.

The conviction seems painfully prevalent in many quarters that next year will witness cholera as an epidemic in the United States. The fear is entertained more as a supposition than as a positive thing, and if the expectation was universal it would make it none the less certain of fulfillment. Thus far no disease has yielded more readily than has cholera to preventive measures, and the control in the past few months, which has so completely checked its introduction into this continent, is a singular and comforting illustration of what is likely to occur in the future.

But the argument is urged that the germs of the dread disease will by next year be far more generally distributed in Europe than has yet been the case this year. These germs, still possessing the potentiality of disease, will imperceptibly find their way hither in articles of merchandise, as in rags, hides, cloth, ballast, and especially in clothing; all of which there is constantly a large importation from the old country. Living particles of disease will last for months imbedded in these articles of merchandise.

More especially is our Gulf coast in an exposed condition. The shipping of phosphate is constantly increasing, and bringing to our ports a class of vessels which, to say the least, are in a very bad sanitary condition, and in a great percentage of cases carry objectionable ballast; in some instances the refuse of streets of infected foreign ports. As compared with what has occurred in New York harbor in the past few months, it would seem impossible to encounter greater danger. Yet through

the able administration of the State Health Officer of New York and his staff of assistants, the disease has been effectually stamped out for this year. The whole history of the struggle by the authorities shows how effectually the dread disease can be stamped out, and so long as the quarantine system of our own State is maintained it will bring assurance to the people that so far as the future is concerned there is little to fear.

S. B. CLARK, M. D.,

*Inspector State Board Health.
Boco Grande Boarding Station.*

Sanitation.

Sanitation is the science of dirt in the right place, as when employed in producing vegetables, fruits, grains, grasses and flowers; and otherwise employed when in the human structure sprouting disease germs that flower but to blight—thus fatal to mankind. Thus the useful that is made beautiful is transformed into the destructive, which is made hideous. Consider, then, the sanitarian as the enemy of dirt in the wrong place—as the apostle of dirt in its line of duty, and nowhere else.

As the Creator fashioned man of the earth, *i. e.* dirt, what higher duty pertains to this life than to maintain the right relations of man to dirt and dirt to man? In other words, of man as beautified, refined dirt in his agency with dirt in its grosser state. Dirt is dirt; no more, no less in all its varied destructive or constructive doings; when as purity it preserves, or as impurity it pollutes.

Sanitation has to deal, then, with the material of which man was physically constructed, and aims to keep him so related to dirt that it may be employed only in the right place—in man's service, and not in the wrong place—doing man harm. Thus may sanitary science be epitomized. And though man is of refined earth, he, in thought, battles with his blood and wars upon his nerves. Energy consumes by its electric fire, and nature spends its forces and dies. Man is combustible, burning from within himself, and only as material for ashes, is consigned to earth—dirt.—

*Written for "The Notes" by Horatio Crain,
of Key West.*

Dirt and Sanitation.

Dirt is said to be matter in the wrong place. Well, yes, we agree to that, and the question arises, when is it in the wrong place, and what are its effects upon public health and well being? It is the object of sanitation to learn when dirt, filth, and all putrescent matter is prejudicial and whether it is the abode and matrix for the propagation of evil germs, microbes, bacilli, bacteria, and all the devilish hierarchy that invade the body *homo*, ending in the death of that body unless controlled and subdued.

Said Prof. John Tyndal, years ago, and after an examination of the atmosphere obtained by himself from the summit of Mount Blanc, and after an investigation of the waters supplied to ten of the largest cities of Great Britain, "this is a dirty world."

Particles of matter are everywhere changing their properties under the chemical influence of heat and moisture, and while the great bulk are known to be innocuous, yet there are species which, owing to the rapidity of their propagation when the conditions are favorable, often get beyond the control of medical treatment and spreading at large, end in disaster.

Epidemics have prevailed in all countries and from remote times, when the causes have been looked into it has been found that densely populated places where filth and dirt abound, are those where, from ignorance or lack of authority, nothing is done to prevent the introduction of infection or its timely subjugation.

Formerly appeals to Deity to ward off the scourge was the manner in which it was expected to cease, but, as in the great plague of London, it was only when the city was thoroughly cleansed that the epidemic came to an end.

We shall always be threatened with epidemics so long as we have commercial relations and other intercourse with countries in Asia and those lying to the south of us; why? because the cities chiefly, of those countries, are filthy, and a feeling of *laissez faire* prevails. No attention, whatever, is paid to sanitation, sewerage is unknown,

while the streets and alleys are full of physical abomination reeking with putrescence and decomposition, filling the air with poisonous gases, as all American travellers inform us. Hence, it is devoutly to be hoped that our congress will adopt some wise measure to protect our people from such visitation as that last summer. Here in Florida we are "between two fires." North, Asiatic cholera; south, yellow fever. Our State Health Board and the County Boards must exercise due vigilance when the summer season comes. "Forewarned is to be forearmed."

The reader will find in the January number of the "Review of Reviews" a well written and very interesting article from the pen of the first lady who was vaccinated with the cholera virus at the Institute Pasteur, Paris.—Written for *The Notes* by Dr. R. J. Marvin, Orange City, Fla.

What Is Hygiene?

The State Board of Health in issuing *THE NOTES* has a two-fold object in view; first, to disseminate reports of the healthfulness of the State, and secondly, to educate the people and awaken interest in matters of sanitation and public hygiene. As an example of the need of the latter, the following is clipped from *The Doctor of Hygiene*:

At a teachers' examination in Jones county, Ia., in answer to the question: "What is hygiene?" a young lady applicant for a certificate to teach school, answered: "It is the soft spot on the top of the baby's head, which gradually grows harder as the baby grows older."

Dade County.

The following extract from a letter written to a representative of one of the largest life insurance companies in the country, speaks for itself:

DEAR SIR: Complying with your request of yesterday for some statistics of Dade County, Florida, tending to show that this portion of the State compares favorably with the more populous sections as regards healthfulness, permit me to state that this county, with a population of 861, reported only nine deaths during the year 1892, giving a death rate of 10.46. These deaths were caused by heart disease, pneumonia, cerebral apoplexy, peritonitis, marasmus and cholera infantum. All of which contradicts the supposition that the residents of this district are subject to low fevers or other diseases due to malaria. * * * * *

National Quarantine Law.

AN ACT

GRANTING ADDITIONAL QUARANTINE POWERS AND IMPOSING ADDITIONAL DUTIES UPON THE MARINE HOSPITAL SERVICE.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled :

SECTION 1. That it shall be unlawful for any merchant ship or other vessel from any foreign port or place to enter any port of the United States, except in accordance with the provisions of this act and with such rules and regulations of State and municipal health authorities as may be made in pursuance of, or consistent with, this act; and any such vessel which shall enter, or attempt to enter a port of the United States in violation thereof shall forfeit to the United States a sum to be awarded in the discretion of the court, not exceeding five thousand dollars, which shall be a lien upon said vessel, to be recovered by proceedings in the proper district court of the United States. In all such proceedings the United States District Attorney for such district shall appear on behalf of the United States, and all such proceedings shall be conducted in accordance with the rules and laws governing cases of seizure of vessels for violation of the revenue laws of the United States.

SEC. 2. That any vessel at any foreign port clearing for any port or place in the United States shall be required to obtain from the consul, vice-consul or other consular officer of the United States at the port of departure, or from the medical officer where such officer has been detailed by the President for that purpose, a bill of health, in duplicate, in the form prescribed by the Secretary of the Treasury, setting forth the sanitary history and condition of said vessel, and that it has in all respects complied with the rules and regulations in such cases prescribed for securing the best sanitary condition of the said vessel, its cargo, passengers and crew; and said consular or medical officer is required, before granting such duplicate bill of health, to be satisfied that the matters and things therein stated are true; and for his services in that behalf he shall be entitled to demand and receive such fees as shall by lawful regulation be allowed, to be accounted for as is required in other cases.

The President, in his discretion, is authorized to detail any medical officer of the government to serve in the office of the consul at any foreign port for the purpose of furnishing information and making

the inspection and giving the bills of health hereinbefore mentioned. Any vessel clearing and sailing from any such port without such bill of health and entering any port of the United States, shall forfeit to the United States not more than five thousand dollars, the amount to be determined by the court, which shall be a lien on the same, to be recovered by proceedings in the proper district court of the United States. In all such proceedings the United States District Attorney for such district shall appear on behalf of the United States; and all such proceedings shall be conducted in accordance with the rules and laws governing cases of seizure of vessels for violation of the revenue laws of the United States.

SEC. 3. That the supervising Surgeon-General of the Marine Hospital Service shall immediately after this act takes effect examine the quarantine regulations of all State and municipal boards of health, and shall, under the direction of the Secretary of the Treasury, co-operate with and aid State and municipal boards of health in the execution and enforcement of the rules and regulations of such boards and in the execution and enforcement of the rules and regulations made by the Secretary of the Treasury to prevent the introduction of contagious or infectious diseases into the United States from foreign countries, and into one State or Territory or the District of Columbia from another State or Territory or the District of Columbia; and all rules and regulations made by the Secretary of the Treasury shall operate uniformly and in no manner discriminate against any port or place; and at such ports and places within the United States as have no quarantine regulations, under State or municipal authority, where such regulations are, in the opinion of the Secretary of the Treasury, necessary to prevent the introduction of contagious or infectious diseases into the United States from foreign countries, or into one State or Territory or the District of Columbia from another State or Territory or the District of Columbia, and at such ports and places within the United States where quarantine regulations exist under the authority of the State or municipality which, in the opinion of the Secretary of the Treasury, are not sufficient to prevent the introduction of such diseases into the United States, or into one State or Territory or the District of Columbia from another State or Territory or the District of Columbia, the Secretary of the Treasury shall, if in his judgment it is necessary and proper, make such additional rules and regulations as are necessary to prevent the introduction of such diseases into the United States from foreign countries, or

into one State or Territory or the District of Columbia from another State or Territory or the District of Columbia, and when said rules and regulations have been made they shall be promulgated by the Secretary of the Treasury and enforced by the sanitary authorities of the States and municipalities, where the State or municipal health authorities will undertake to execute and enforce them; but if the State or municipal authorities shall fail or refuse to enforce said rules and regulations the President shall execute and enforce the same and adopt such measures as in his judgment shall be necessary to prevent the introduction or spread of such diseases, and may detail or appoint officers for that purpose.

The Secretary of the Treasury shall make such rules and regulations as are necessary to be observed by vessels at the port of departure and on the voyage, where such vessels sail from any foreign port or place to any port or place in the United States, to secure the best sanitary condition of such vessel, her cargo, passengers and crew; which shall be published and communicated to and enforced by the consular officers of the United States. None of the penalties herein imposed shall attach to any vessel or owner or officer thereof until a copy of this act, with the rules and regulations made in pursuance thereof, has been posted up in the office of the consul or other consular officer of the United States for ten days, in the port from which said vessel sailed; and the certificate of such consul or consular officer over his official signature shall be competent evidence of such posting in any court of the United States.

SEC. 4. That it shall be the duty of the Supervising Surgeon-General of the Marine Hospital Service, under the direction of the Secretary of the Treasury, to perform all the duties in respect to quarantine and quarantine regulations which are provided for by this act, and to obtain information of the sanitary condition of foreign ports and places from which contagious and infectious diseases are or may be imported into the United States, and to this end the consular officer of the United States at such ports and places as shall be designated by the Secretary of the Treasury shall make to the Secretary of the Treasury weekly reports of the sanitary condition of the ports and places at which they are respectively stationed, according to such forms as the Secretary of the Treasury shall prescribe; and the Secretary of the Treasury shall also obtain, through all sources accessible, including State and municipal sanitary authorities throughout the United States, weekly reports of the sanitary condition of ports and places

within the United States, and shall prepare, publish and transmit to collectors of customs and to State and municipal health officers and other sanitarians weekly abstracts of the consular sanitary reports and other pertinent information received by him, and shall also, as far as he may be able, by means of the voluntary co-operation of State and municipal authorities, of public associations and private persons, procure information relating to the climatic and other conditions affecting the public health, and shall make an annual report of his operations to Congress, with such recommendations as he may deem important to the public interests.

SEC. 5. That the Secretary of the Treasury shall from time to time issue to the consular officers of the United States and to the medical officers serving at any foreign port, and otherwise make publicly known, the rules and regulations made by him, to be used and complied with by vessels in foreign ports, for securing the best sanitary condition of such vessels, their cargoes, passengers and crew, before their departure for any port in the United States, and in the course of the voyage; and all such other rules and regulations as shall be observed in the inspection of the same on the arrival thereof at any quarantine station at the port of destination, and for the disinfection and isolation of the same, and the treatment of cargo and persons on board, so as to prevent the introduction of cholera, yellow fever or other contagious or infectious diseases; and it shall not be lawful for any vessel to enter said port to discharge its cargo, or land its passengers, except upon a certificate of the health officer at such quarantine station certifying that said rules and regulations have in all respects been observed and complied with, as well on his part as on the part of said vessel and its master, in respect to the same and to its cargo, passengers and crew; and the master of every such vessel shall produce and deliver to the collector of customs at said port of entry, together with the other papers of the vessel, the said bills of health required to be obtained at the port of departure and the certificate herein required to be obtained from the health officer at the port of entry; and that the bills of health herein prescribed shall be considered as part of the ship's papers, and when duly certified to by the proper consular or other officer of the United States, over his official signature and seal, shall be accepted as evidence of the statements therein contained in any court of the United States.

SEC. 6. That on the arrival of any infected vessel at any port not provided with proper facilities for treatment of the same,

the Secretary of the Treasury may remand said vessel, at its own expense, to the nearest national or other quarantine station, where accommodations and appliances are provided for the necessary disinfection and treatment of the vessel, passengers and cargo; and after treatment of any infected vessel at a national quarantine station, and after certificate shall have been given by the United States quarantine officer at said station that the vessel, cargo and passengers are each and all free from infectious disease, or danger of conveying the same, said vessel shall be admitted to entry to any port of the United States named within the certificate. But at any ports where sufficient quarantine provision has been made by State or local authorities, the Secretary of the Treasury may direct vessels bound for said ports to undergo quarantine at said State or local station.

SEC. 7. That whenever it shall be shown to the satisfaction of the President that by reason of the existence of cholera or other infectious or contagious diseases in a foreign country there is serious danger of the introduction of the same into the United States, and that notwithstanding, the quarantine defense this danger is so increased by the introduction of persons or property from such country that a suspension of the right to introduce the same is demanded in the interest of the public health, the President shall have power to prohibit, in whole or in part, the introduction of persons and property from such countries or places as he shall designate and for such period of time as he may deem necessary.

SEC. 8. That whenever the proper authorities of a State shall surrender to the United States the use of the buildings and disinfecting apparatus at a State quarantine station, the Secretary of the Treasury shall be authorized to receive them and to pay a reasonable compensation to the State for their use; if, in his opinion, they are necessary to the United States.

SEC. 9. That the act entitled "An act to prevent the introduction of infectious or contagious diseases into the United States and to establish a National Board of Health," approved March third, eighteen hundred and seventy-nine, be, and the same is hereby, repealed. And the Secretary of the Treasury is directed to obtain possession of any property, furniture, books, paper, or records belonging to the United States which are not in the possession of an officer of the United States under the Treasury Department, which were formerly in the use of the National Board of Health or any officer or employee thereof.

The National Quarantine Bill.

The NOTES confesses to much disappointment at the National Quarantine Bill as finally passed by Congress and approved of by the President. The disappointment is at the many loopholes for conflict between the State and National authorities which have been left open, and for the failure to make it what was promised—a national protective measure. There seems to be no provisions to relieve those States, which may so wish, of the burden of expense in protecting extensive sea coasts, and except where a total apathy to maritime sanitation exists, in an absence of any provision on the part of a State to protect itself from the invasion of disease by sea, can the general government, under this new law, "take hold." There is no appropriation of money to carry the bill into efficient operation.

Our idea of a National Health Board was outlined in the last issue (January) of the NOTES: a Cabinet Officer of Health, and an annual appropriation of money for health purposes, as least likely to provoke opposition from the States and most capable of producing beneficial and lasting results.

A Board of Marine Hospital Surgeons has been appointed by the Secretary of the Treasury to formulate rules and regulations for the new National Quarantine, with Ex-Supervising Surgeon General Hamilton as Chairman. A more able man could not have been selected; a medical man, who comprises for this purpose such widespread and ample knowledge of the subject, and such an intelligent executive ability to enter into details, and the Secretary of the Treasury is to be congratulated on the wisdom of his choice. The NOTES expresses the hope that the result of the labors of this Board may be a set of rules and regulations liberal and conservative to the needs and sanitary necessities of each section of the vast sea coast of the United States, and at the same time sufficiently stringent to protect the health of the citizen.

Tardy Reports.

On the 10th of February, Bradford, Duval, Hamilton, Hillsboro, Jefferson, Leon, Monroe, Nassau, St. Johns and Suwannee Counties had not rendered returns for January and had to be written to for their reports. This should not be. Secretaries of County Boards of Health will confer a favor and promote the health interests of the State by being more prompt.

Contagion.

A French scientist declared that at least thirty per cent. of the common contagious diseases are carried from house to house by domestic animals.—*Medical Brief.*

A Diphtheria Epidemic.

LIMA, O., Dec. 8.—Diphtheria is epidemic and there are said to be 400 cases in the town. One family has lost three children, and another is seriously ill. The Mayor and Health Board have quarantined every infected house.

A sanitary policeman watches at the door of the house day and night, the police working eight-hour watches. Food and medicine are conveyed to the inmates by the sanitary police, who in turn must undergo inspection and fumigation by the Health Officer before going off duty.

Fifty special watchmen were sworn in to night. The Board of Health will provide food and medicine for the poor, and in cases where workmen are kept from their work by quarantine their wages will be paid by the Board.

Cheerfulness an Exhibit of Health.

It is not always true that one who is often blunt and apparently offensive in his or her daily intercourse has an "ugly disposition." One who suffers much mental, as well as physical pain, is sensitive to contact with even an agreeable subject. We believe that the admirable characteristic known as a sweet and gentle disposition comes oftener from splendid physical health than from any moral rectitude.—*Gulf Pennant, Key West.*

"*Mens sana in corpore sano*" is a maxim long recognized by hygienists. It is impossible that the intellect—the mind—shall be in good, active working order without the blood, muscle and nerve-making portion of the human system is likewise in a perfect condition of health. As a leaky, broken down boiler but imperfectly supplies steam, *i. e.* power, to a well constructed engine, so it is equally impossible for the human machine, racked with pain or worn out by chronic disease, to supply the healthful nervous force necessary to give expression to a cheerful temperament. Resignation to the inevitable; "making the best of that which cannot be helped," which we find in Christian invalids, and which is a quality of mind highly to be commended in the possessor, is not cheerfulness in its true sense. This latter is the photograph, as it were, of the healthy expression of the brain, which is in momentary connection with all the organs of human life. Nature reveals, through her mirror, the human face, the fact of obedience or disobedience to her laws—which

are Divine laws—and freedom from lines of care or suffering plainly exhibit to the thoughtful observer that that person has or is leading a life of careful attention to hygienic requirements. The bright eye, smooth brow, smiling face and hearty laugh all betoken health, and consequently a vivacious, happy disposition. We do not believe that a thoroughly sound, healthy individual can be cross; such a being would be an anomaly or monstrosity of nature.

Why Epidemics Come.

It has been asserted in a medical journal that after Prince Albert, consort of Queen Victoria, died of typhoid fever at Windsor Castle in 1861, the discovery was made that there was an open cesspool, directly underneath the room which he occupied.

Whether or not this circumstance was the cause of the Prince Consort's fatal illness, it illustrated the fact that only thirty years ago the world had not learned the most elementary lessons of cleanliness in life.

It is not many years, indeed, since epidemics ceased to be regarded as "visitations of Providence," and practically nothing was done to prevent their recurrence. The simple truth is that this "Providence" visits the unclean with pestilence much oftener than it does the scrupulously cleanly.

What a vast number of fatal illnesses, even at this day, when the virtue of cleanliness is more widely recognized than ever before, is due to the toleration of filth!

Thousands on thousands of dwellers upon farms, or in small villages in this country, permit dangerous nuisances about their premises—such as neglected vaults under the windows of sleeping rooms, cellars unventilated and containing decaying vegetables and fruit, sink-drains emptying close by doorways, stables too near the houses, or wells within filtering distance of stables.

The people who tolerate these nuisances only too often have to pay the penalty in typhoid and other fevers, diphtheria and filth diseases of various kinds. In many country districts which should be perfectly healthy, fevers are shockingly prevalent, and generally they are traceable to domestic nuisances of this kind.

Cleanliness means more than washing the hands and face and body. It means the keeping of one's surroundings free from influences which must taint the air we breathe, our food and our drink. Epidemics are not to be prevented without such cleanliness.—*Youth's Companion.*

Night Air.

In spite of the popular prejudice against "night air," so called, we have always recommended our patients to use it, because we failed to see how they were going to get any other kind of air at night. Seriously speaking, we have always failed to see the philosophy or logic in the idea that out-door air at night was not good for us. Now we are reminded, by an exchange that people who live for the most part of the time in the open air, sleeping under hedges, or under the lee of any kind of shelter, are seldom afflicted with diseased lungs; and the number of soldiers who were cured of incipient consumption and kindred diseases, in America, during the war, was legion. They went away as to certain death, not from shell and bullets, but from exposure to night air. However, they grew hale and hearty, their coughs left them, their chests deepened, their thin cheeks filled out, and those of them who did not fall in the war came home new men.—*Annals of Hygiene.*

Notelets.

ELSEWHERE will be found the National Quarantine Act as passed by Congress.

"By so other way can men approach nearer to the gods, than by conferring health on men."—*Cicero.*

"A GOOD wide-spreading, cheerful disposition is your only umbrella in this vale of tears."—*Churchman.*

THIS office is daily in receipt of official notifications of numerous cases of small-pox, diphtheria and scarlet fever in various States of the North and Northwest.

DR. R. A. Warnock, of the Citrus County Board of Health, reports diarrheal diseases quite prevalent in his section, especially among children, as the result of eating frozen oranges.

COUNTY Boards of Health are again requested to take under consideration the adoption of the rules and regulations formulated by the State Board. Those counties which have not yet adopted these rules are requested to do so at once.

THE Turkish government has decided to make vaccination compulsory throughout the Ottoman empire. The "sick man" has evidently determined to rid himself of at least one of the enemies that are sapping his health.—*British Medical Journal.*

NO ONE ought to object to slight inconvenience when the health or life of his neighbor is at stake. The White House at Washington was recently placarded and quarantined during the illness of the President's grandchild with scarlet fever.

"THE laws of health are, in my opinion, the laws of God; and if we, through ignorance or wilfulness, break these laws and thereby injure our bodies, we are frustrating His purposes and wishes with regard to us and retarding the progress of mankind."—*Kate Mitchell.*

THE attention of County Boards of Health is called to the latter part of Section 7 of the Act under which they exist, bearing on the matter of finances, and they are urged to remember that the summer of 1893 will be fraught with great danger, and that funds are indispensable.

KISSING the book in taking an oath is regarded by sanitarians as dangerous. In England one can be sworn with uplifted hand. Such is the practice here before a notary. It is also a fact that actual contact of lips with the book is not insisted upon in our courts.—*Medical Record.*

WE are daily made cognizant of the good THE NOTES is accomplishing, by increased and more complete statistical returns, indications of improved sanitation, improvements undertaken at some suggestion made in THE NOTES, by an awakening interest in health matters throughout the state and by the various letters we have received evidencing the writer's approbation.

COUNTY Health Officials not supplied with a copy of the cipher code in use between the State and County health authorities for the telegraphic transmission of information in relation to communicable diseases, can obtain a copy of the same by addressing the office of the State Board.

THE Suwannee County Board of Health is deserving of all commendation. From the date of their appointment the gentlemen who compose this board took hold of their duties with a grasp that denoted a determination to fulfill the obligations of the trust imposed, and they have done so. This board reports regularly, has adopted rules and regulations, and is in all other respects thoroughly equipped. Honor to them.

"THE protection of the public health," says Bishop (Criminal Law, Sec. 489), "is an interest of the first importance to every government. Without health, the members of a community cannot discharge duties either to the government or to one another. Therefore anything of sufficient magnitude for the law's notice, calculated to impair the public health, is indictable at the common law."

Causes of Deaths During January.

Mortality Reports of the Twenty-eight Counties and Two Cities of the State of Florida, below enumerated, during Jan. 1893, classified by Diseases

DISEASES	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE-SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL
Abscess (Lungs).....	1	1
Accident (not stated).....	1	
Alcoholism.....	1	
Aneurism.....	1	1	1	2	
Apoplexy.....	1	1	3	
Ascites.....	1	1	
Asphyxia.....	2	
Asthemia.....	1	1	2	
Asthma.....	1	1	
Blood Poisoning.....	1	1	
Bowels, Inflammation of.....	1	1	1	
Brights Disease.....	1	.	.	1	2	
Burns.....	.	1	1	1	2	1	
Cancer (Stomach).....	1	.	1	.	1	.	1	4	
Cancer (Uterine).....	1	1	2	
Cancer (not stated).....	1	1	1	2	
Catarrh.....	1	1	2	
Cerebral Congestion.....	1	1	2	
Child-birth.....	.	1	1	
Cholera Infantum.....	1	.	.	1	2	
Congestive Chill.....	1	1	
Consumption.....	3	1	.	.	.	2	.	.	1	.	.	3	5	1	5	1	1	1	.	11	.	35	
Convulsions.....	2	2	4	
Croup.....	1	1	.	.	1	1	.	.	1	5	
Cystitis.....	1	1	

CAUSES OF DEATHS.—CONTINUED.

DISEASES	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL	
Defective Vitality	1	5	.	6
Diarrhœa	1	1	1	3	
Diphtheria.....	1	1	.	2
Dropsy.....	1	2	
Eclampsia	1	1	
Encephalitis.....	1	1	
Endocarditis	1	1	
Enteritis.....	4	4	
Entero Colitis.....	1	1	2	
Empyema	1	1	
Fever (Catarrhal).....	1	1	2	
Fever (Malarial).....	1	1	.	.	1	.	1	1	5		
Fever (Typhoid).....	1	1	.	1	.	.	.	1	2	.	6	
Fever (Puerperal).....	1	1	2	
Gastritis	3	3	6
Gastro Enteritis	1	1	.	2
General Debility	3	.	3	
Heart Disease	1	.	.	.	1	1	.	3	1	.	.	1	.	.	.	1	2	11	
Hemorrhage (Umbilical).....	1	2
Hydrocephalus	1	1	1	1
Inanition	7	1	8
Insanity	1	1
La Grippe	1	1
Laryngitis	1
Liver (Congestion of) ..	1	.	1	1	2
Liver (Cirrhosis of).....	1	1	.	.	1	.	3
Lungs, Congestion of	1	1	2

CAUSES OF DEATHS.—CONCLUDED.

DISEASES	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL	
Malformation.....	1	.	.	1	1	
Marasmus.....	3	5	
Measles.....	1	1	1	2		
Meningitis.....	5	5		
Myelitis.....	1	1		
Nephritis.....	2		
Oedema Lungs.....		
Paralysis.....	.	1	1	1	1	4		
Peritonitis.....	.	1	1	2		
Pericarditis.....	1	1		
Pertussis.....	1	1		
Pneumonia.....	3	1	1	1	1	1	.	.	2	1	.	.	2	2	1	5	2	23	
Pyæmia.....	1	1	
Rachitis.....	1	1	
Rheumatism.....	1	1	
Senile Decay.....	1	.	.	1	.	.	.	1	1	1	.	.	3	.	1	.	.	2	1	.	2	1	15	
Still Birth.....	2	1	.	4	1	1	9	
Syphilis.....	1	2	1	4
Tetanus.....	1	1	.	.	.	1	.	.	.	1	.	2	1	2	9	
Trismus Nascentium.....	1	.	.	1	1	1	1	5	
Wounds (R. R. Cars).....	1	1	1	3	
Wounds (Crushed).....	1	1	1	
Wounds (Fall).....	1	1	
Wounds (Gunshot).....	1	1	3	.	1	1	.	.	1	2	1	1	11	
Cause not stated.....	3	1	.	.	.	1	.	.	.	1	1	.	.	1	1	1	1	.	1	.	.	1	.	1	.	1	15		
Total in each County.....	21	5	1	2	1	3	4	6	2	3	12	2	4	11	5	2	9	53	7	15	2	6	5	12	7	8	2	4	..	60	20	294	

1893

Florida Health Notes.

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Operations State and County Quarantine Stations, May 1st to November 15th, 1892.

	No. Vessels Inspected.	No. Vessels Disinfected.	Amount of Tonnage.	No. Passengers.	No. Crew.	Amount Fees Collected.	Cost of Maintenance.
Mullet Key Station, (State).....	240	86	14,059	2,684	5,633	\$4,062.50	\$ 3,512.21
Pensacola Station, (Escambia County).....	307	168	18,666	119	3,727	17,961.75	10,317.04
Fernandina Station, (Nassau County).....	210	146,010	482	2,745	2,430.25	2,363.60
Key West Station, (Monroe County).....	330	*	1,855.50	2,070.76
Cedar Key Station, (Levy County).....	133	3,001	100	1,300	7.00	383.51
Apalachicola Station, (Franklin County).....	129	29	38,732	9	588	2,394.28	1,728.87
Boca Grande Station, (State).....	31	*	23,225	4	478	40.00	1,276.83
Punta Rassa Station, (State).....	85	*	337,756	83	390	195.00

* No vessels disinfected. All sent to Dry Tortugas or Mullet Key for fumigation.

Reports from Havana.

Yellow Fever.

	New Cases.	Deaths.
Week ending Jan. 5, 1893.....	18	11
Corresponding period of 1892.....	5	4
Week ending Jan. 12, 1893.....	10	5
Corresponding period of 1892.....	6	4
Week ending Jan. 19, 1893.....	6	2
Corresponding period of 1892.....	8	4
Week ending Jan. 26, 1893.....	5	3
Corresponding period of 1892.....	2	1

SUMMARY—YELLOW FEVER.

June, 1892.....	71	14
July, 1892.....	155	24
August, 1892.....	144	58
September, 1892.....	364	85
October, 1892.....	224	49
November, 1892.....	193	52
December, 1892.....	121	35
January, 1893.....	39	21

Ages of Decedents.

	White.		Colored.		Total
	M	F	M	F	
Still Born.....
Under 1 year.....	21	10	21	13	65
Between 1 and 5 y's.....	7	8	4	2	21
“ 5 “ 10 “.....	2	4	4	10
“ 10 “ 15 “.....	3	1	1	1	6
“ 15 “ 20 “.....	3	2	4	9
“ 20 “ 25 “.....	10	8	9	3	30
“ 25 “ 30 “.....	3	4	7	3	17
“ 30 “ 40 “.....	16	5	10	9	40
“ 40 “ 50 “.....	6	2	5	7	20
“ 50 “ 60 “.....	10	9	1	1	21
“ 60 “ 70 “.....	6	6	6	7	25
“ 70 “ 80 “.....	6	4	4	1	15
“ 80 “ 90 “.....	5	5	1	1	12
“ 90 “ 100 “.....
Over 100 years.....	1	1
Not stated.....	2	2
Total.....	98	70	77	49	294

Diagram of Diseases Causing Heaviest Mortality.

Consumption.....	35
Pneumonia.....	23
Heart Disease.....	11
Fever (Typhoid).....	6
Fever (Malarial).....	5

Summary.

Number of counties reporting.....	28
Number of cities reporting.....	2
Total population of said counties and cities.....	297,071
Number of births reported.....	381
Number of marriages reported.....	320
Number of deaths reported.....	294
Birth rate per 1,000 per annum.....	15.39
Death rate per 1,000 per annum.....	11.07
Average age of this month's decedents.....	30.34
Number of deaths under five years of age.....	86
Number of deaths over seventy years of age.....	28
Number of deaths by violence.....	25
Number of premature and still births.....	9

Meteorological Summary.

(Observations at Jacksonville Station.)

Mean temperature for Jan. for 22 years.....	55.0°
Mean temperature during Jan. 1893.....	49.0°
Highest temperature, on the 27th.....	72.0°
Lowest temperature, on the 24th.....	17.0°
Prevailing direction of wind.....	Northwest.

FLORIDA HEALTH NOTES

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MEMBERS OF THE STATE BOARD OF HEALTH.

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HON. JAS. P. TALIAPERROJacksonville, Fla.
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All communications should be addressed to the Secretary of the Board, whose official address is, Jacksonville, Fla.

Needful Legislation.

The Legislature of the State, which is soon to meet in biennial session, will have for serious consideration matters of sanitation, morals and finance. The NOTES places Health at the head of the trio, for, like Charity among the "Virtues," it is the greatest of the three. Good health is essential to good morals, and good morals and good health makes profitable financial possibilities. The health of the State, that is to say of 400,000 individuals, is dependent upon the class, rather than upon the amount of legislation enacted. The NOTES believes that several of the Statutes in regard to Public Health should be repealed, and the Act creating the State Board of Health could be improved in many particulars. But a great difficulty attending the amendment of any law lies in the many changes proposed when the attempt is made to alter, and the liability to a mistaken change in the purposes of the measure, and perhaps the defeat of the very purpose of remedy for which the amendment was thought necessary.

At the session of the Legislature in 1891 measures were recommended for the collection of vital statistics in the several counties, and for the formation of a State Bureau of Vital Statistics, also to perfect the requirements of the quarantine system of the State and for direct sanitary supervision by the State Board of Health in the abatement of those agencies which produce, or are likely to cause, disease in the towns of the State, and bills drawn for this purpose were offered. In the heat of a struggle over the election of a senator these measures were, with other necessary ones, subordinated and lost sight of. It is hoped that at the coming session sanitation and measures necessary to make "life worth living" comfortably, profitably and pleasurably, may receive their just share of attention. The legislators need only to seriously consider them to be convinced of the defects in the present laws and to have them remedied by needful legislation.

The distinguished colleague of the Executive Officer of the Board and an able advocate of sanitation, Dr. R. P. Daniel, when writing last year from the chair of Presiding Officer of the State Board of Health, strongly recommended the repeal of the Statute for County Boards of Health, saying: "I believe that it would promote the financial as well as sanitary interests of the people of the State to abolish County Boards of Health entirely, and to legally authorize the State Board to appoint and pay such Local Health Inspectors as might appear needful. Certainly this is the only method by which any data can be collected sufficiently

full and reliable to possess value in formulating vital statistic returns for our State, and such statistics, if comprehensive and exact, would, without doubt, demonstrate the healthfulness of Florida, and indirectly promote her interests and materially aid in her development." In this the State Health Officer concurs. He has faithfully tried, first, to interest the County Commissioners and people to recommend suitable persons to the Governor for appointment on County Boards of Health, and, secondly, has persistently urged organization and action after appointment; to make reliable the vital statistics of the State by careful and accurate compilation of a life and death enumeration. The efforts in this direction have not met with the success the Board expected. A few County and City Boards of Health have made a determined fight against dirt and disease and for a better collection of life data; but a larger number of the counties have been apathetic and indifferent to this subject, as is evidenced by only twenty-eight monthly sanitary returns of the forty-five Counties in the State, and this number has never reported regularly; so it would seem that it would result in a more efficient administration, and attain results more satisfactory and reliable to repeal the law of County Boards of Health and charge the State Board directly with the management of sanitation, collection of vital statistics and other matters of health supervision. No extra expense would be incurred in this new proposed regime, nor is an extra appropriation asked for, for it is believed that the work can be accomplished by the State Board from the levy now authorized to be collected for the State Board of Health's maintenance and especial fund.

On the score of economy it is suggested to turn the State's quarantine system over to the general government for management. Under the present National Act this procedure is not practicable, nor is it advisable. It is believed by those who have bestowed thought on the subject that local officers, having knowledge of the interests of the people, and directly concerned in the protection afforded, besides having thorough acquaintance with the necessary requirements to conserve the health of the port of arrival and at the same time protect the commerce, will more efficiently discharge the obligation imposed by regulations than those from the interior or from a different section of the country, and who may also be entirely new to this particular line of sanitary work. The State Board of Health should retain its home supervision of its ports which it is certainly the most

capable of exercising. A better and more practical plan, and which is here recommended, by which the State would best uphold her dignity, and self-respect and demonstrate her ability to preserve, without Federal interference, the health of her seaports, and at the same time reduce taxation for health purposes on her citizens will be to abolish the County quarantines and to devolve upon the State Board of Health the supervision of the same, which may be, no doubt, self-supporting, as inferred from an examination of the following table:

Operations State and County Quarantine Stations, May 1st to November 15th, 1892.

	No. Vessels Inspected.	No. Vessels Disinfected.	Amount of Tonnage	No. Passengers.	No. Crew.	Amount Fees Collected.	Cost of Maintenance.	Operated by
Mullet Key Station, (State)...	240	86	140,592	2,684	5,633	\$ 4,062 50	\$ 3,512 21	State.
Boco Grand Station, (State)...	31	*	23,225	4	478	40 00	1,276 83	"
Punta Rassa Station, (State)...	85	*	33,756	83	390	195 00	"
Pensacola Station, (Escambia County)...	307	168	186,616	119	3,727	17,961 75	10,317 04	County
Fernandina Station, (Nassau County)...	210	30	146,010	482	2,745	2,430 25	2,363 60	"
Key West Station, (Monroe County)...	330	*	1,855 50	2,070 76	"
Cedar Keys Station, (Levy County)...	133	3,001	100	1,300	7 00	383 51	"
Apalachicola Station, (Franklin County)...	129	29	38,732	9	588	2,394 28	1,728 87	"
Totals.....	1,465	313	571,932	3,481	14,861	28,751 28	21,847 82	

*No Vessels disinfected. All sent to Dry Tortugas or Mullet Key for fumigation.

After one or two more disinfecting plants have been erected, the larger ports can financially assist the smaller ones by using their excess of income from fees over the expenses of operation. Thus the whole coast being under the control of one head, the State Board of Health, the supervision, through local resident agents at the several ports, can be made more economical and effective, and without that confusion that now results from the want of harmony in the regulations of the County Boards and the State, and the division of authority and responsibility existing as at present.

Finances.

In discussing the finances of the State Board of Health, the Secretary of the Board is conscious that the money question and the expense of operating the Board are to the average tax-payer the main subjects to be considered in dealing with the proposition of health protection. The hope is expressed, however, that the Legislature, may give thoughtful consideration to this subject, and by a careful examination of the accounts will be satisfied that the funds of the Board have been carefully managed and expended with a due regard to economy and efficiency. How much will it cost and can the State afford it is oftener asked than without this protection how many lives may an epidemic cause or what damage to the commercial interests will be experienced! The Board, through its influence, may be regarded as a very necessary and a great benefit to the State, but if the cost of maintenance is large, then in the spirit of mistaken economy, it is to the monetary interests of the State to trust to chance and cut off this expense to the tax-payers; particularly so when the direct benefit cannot be mathematically demonstrated in dollars and cents. The amount of money received by the Board from the State during the past four years (quadrennial term of the executive officer of the Board) has been \$106,425.80, and from fees at quarantine stations operated by the Board, \$8,257.50, making a total in

receipt of \$114,683.30. Of this amount the Board has as durable assets, from which it can realize when necessary, a steam and vapor disinfecting plant and quarantine station of modern construction and a quarantine and patrol boat, the total value of which at a low figure can be safely estimated at \$50,000. Besides these investments the Board owns a boarding station at Boca Grande Pass, Charlotte Harbor, and office furniture, including a safe and books and blanks, which would increase the list of available assets to considerably more than one-half the sum which has been expended. If the full levy as authorized by the Statute creating the State Board had been made each year, the health fund of the State would have received about \$132,000, which with \$50,000 appropriated by the special session of the Legislature for the year 1889, would have increased this sum to \$180,000 in round numbers. It should not be forgotten that no levy was made at all in 1889 for 1890, and for 1891 and 1892 the levy was curtailed by the State's Executive to one-half of the amount authorized by law. The total expenditures have been \$105,764.62, distributed as follows: 1889, \$11,405.25; 1890, \$40,406.03 (erection of Station and purchase of Missoe); 1891, \$23,175.87; 1892, \$30,777.47. It must be remembered that \$935.78 was the cost of the yellow fever cases at Sanford in the spring of 1889, and \$764.21 for the cases in Key West the fall of the same year. These expenditures were for guards to isolate infected premises and to re-imburse for articles of bedding and clothing destroyed to prevent the spread of the contagion. The case of the infected bark *Soli deo Gloria* in 1891 also, which cost \$593.02. The erection of a ballast crib at the Mullet Key Station and a Boarding Station at Boca Grande Pass was at an expense of \$12,000 in round numbers, and, as before noted, are in the nature of assets, and should be deducted from the total of expenditures in estimating the current expenses of the past year. Thus it will be seen that of the current expenses of the Board for the past four years, which includes printing, blanks for statistical and sanitary returns, for stationery,

stamps, expressage, office rent, and attorney's fees, the maintenance of the Mullet Key Quarantine Station and the Station at Boca Grande, with the salary of the State Health Officer and other employees, has not exceeded \$60,000, making an average per year of \$15,000. Florida is attracting by her varied sources of wealth, hitherto undeveloped, attention from capitalists all over the Union, and marked interest is manifested in her development; great successful financial possibilities being predicted. The phosphate industry is yearly increasing its exports, bringing to our ports vessels from non-desirable foreign ports, made so by the constant prevalence of contagious diseases in endemic form. This menace to our health will necessarily increase with the activity of trade, and to provide against introduction of disease and safely encourage our commerce, should be not only the duty but the cheerful willingness of each member of the Legislature. The State Health Officer cannot believe but that the Legislature will view the necessity of a State Board of Health as a patriotic and humane measure outside of the financial disaster and depression, which would inevitably result in the repeal of the law. The support of the Board should be liberally provided for. Quoting from the third annual report: "The Executive Officer of the Board believes he has been as economical of the public funds as was consistent with efficient management. No money has been spent not duly authorized by the Board as demanded by or in connection with the sanitary necessities of the State. To endeavor to manage the Health Department of the State on a merely *cheap plan* promises defeat of the very objects sought for, the confidence of the people and the success which justifies it. It is believed that the people of Florida, the business men, the investors and all others interested in the financial development of the State constantly dread a return of the situation which led to the loss of life and depression in trade during the years of 1887 and 1888, and are now satisfied that an intelligent management of health matters through a central organization,

such as the State Board of Health, has accomplished great and lasting good to the State; but the people must realize that to continue this work and to perfect it each year, requires substantial aid in the way of liberal appropriations. If it is not intended to do this, but to have a State Board of Health in name only, it would be better and more honest to our neighboring States and the country in general, to repeal the law, for in that case there would be no pretence of doing what without money it is impossible to accomplish."

The amount of funds employed in establishing any business should not be comprised in each year's current expenses, and in dealing with this question on purely business principles, this business axiom should not be lost sight of. If the recommendations made by the State Board of Health, are adopted by the Legislature as statutory enactments, it is believed that the quarantine system of the State can be made not only self-supporting, but to yield an income from which other needed disinfecting plants may be erected at ports not now protected by these necessary maritime sanitary appliances. The repeal of the Statute creating County Boards of Health will rescind the one mill tax now ordered levied for the support of these Boards. This will relieve taxation for health purposes on individual counties, and it is thought will be appreciated and approved of by the taxpayers generally.

Good Health.

It may be said, I think with truth, that good health depends upon the harmonious relationship and rational use and conservation of the forces which carry on, as it were, the life of body, mind and spirit. In this earthly existence man is a complex creature. He is neither body, mind, nor spirit alone, but the three in one, inter-related, inter-dependent. If there is misappropriation, misdirection, misuse, waste of force in the case of one, the whole must suffer. One can not be overtaxed, or starved, or perverted from its right uses without injury and loss to all.—*Medical Brief.*

Quarantine.

To the "Notes:"

The indispensable services rendered by the U. S. Marine Hospital Service throughout the coast of our country will receive added lustre in such additional duties as are provided for under the National Quarantine Law. While that law does not infringe upon old and established boundaries of right and precedent, there is a mingling of authority and duty that promises no conflict or contest, and this end was greatly facilitated by the wisdom of Surgeon-General Wyman of the U. S. Marine Hospital Service, in the calling of a conference with the Health Officers of the Atlantic and Gulf States, which formulated a harmonious plan of co-operation, promising assurance of the fitness of the two systems of State and National Sanitation to the general good of the country.

Here was the triumph of diplomacy among members of a profession distinguished for independence, originality, self-sacrifice and grit. It is a happy augury for the future of sanitary progress when so cleverly and wisely the National Quarantine Laws was set upon its pins by the action of General Wyman and his corps and the health officers of the States in convention at Washington. This is a reversion to old methods and is a discountenance of red tape, which says "I am," and "I shall be." So quietly, promptly and without noise and parade, was this initial work performed, so quickly assembled, so quickly dispersed the convention, that the average citizen along with his more enlightened neighbor was unaware of this precedent of harmonious working for the future, which promises great advances in practical sanitary work throughout the country.

The States each keep their respective chips on their shoulders, and the Federal power carries its big chip, forty-five times as large, on the shoulder, and these they are likely to balance until disturbive legislation shall set them to tetering, and it is sincerely to be hoped that all amendment of the National law and of the local laws will find the adjustments of the great sanitary forces of the country not a whit

disturbed to their prejudice, but a constant knitting together of one of the grandest purposes of government through the employment of most eminently fitted agencies to save the health and lives of mankind.

The services of Dr. Burgess of the U. S. Marine Hospital Service at Havana, have been invaluable to our State and to the country at large. His genial nature, interwoven with an executive and administrative capacity of an high order exemplifies how valuable the system of quarantine inspection at the chief ports abroad when committed to General Wyman and his corps.

Every sanitarian heartily wishes success to the National Quarantine Law under present auspices, out of which will doubtless grow a more perfect system, elastic, provisional, ready to grapple with every contingency as with hooks of steel, yet as alive with possibilities of tender regard for suffering and for the vast commercial and industrial interests of the country, as to secure such ends that there will be no opposition anywhere, and but one voice to go forward in the heavenly work of alleviating the sufferings of humanity and a God bless you from all.

HORATIO CRAIN.

Key West, Fla.

Precautions Against Epidemic Diseases.

To the "Notes:"

The term contagion is applied to those disease poisons that require direct contact with the person suffering from them to effect their reproduction, while infection is transmissible through the medium of the air, or of some other agent, as water, or food. The poisons of infectious diseases interest us most, for these diseases are most common, and most fatal. The power they have of infecting the air we breathe and the food and water we take into our systems makes them rank among the deadliest foes of the human race. The characteristics of the infectious principal of the different diseases are in some respects identical. For instance all the infective diseases require a certain period of

time to elapse between the entrance of the poison into the system and the appearance of the disease; this is what is known as the period of incubation, and shows that in the case of each disease the poison is reproduced in and by the human system. Until recently we knew the infective diseases only by the symptoms; now we know them by the appearance of the germs that produce them. We also know the conditions under which they thrive and multiply, and the conditions by which these disease germs or poisons are transmitted, and the medium by which they infect. The food we eat, the water we drink, and the air we breathe are the chief mediums of infection. It is possible to exclude disease germs from food and drink, and to do this with certainty: Heat will destroy all living things; therefore during the prevalence of any infectious disease we can reduce the danger to a minimum by thoroughly cooking our food, and by boiling all milk and water before drinking them. These precautions are both simple and easy of adoption, and reduces the danger of infection through the medium of food and drink. We still have another and most important medium of infection to deal with, and that is the air we breathe. It is a well-known fact that collections of organic matter in a state of decomposition, and undisturbed accumulations of filth, are the hot beds of disease germs; it follows, therefore, that cleanliness is their natural foe. Infectious and contagious matter is not difficult to destroy, though if left undisturbed it will retain its activity for a long period; therefore the most important precaution, and the one that should be practiced by every one, and at all times, as a preventive measure, is thorough sanitation. Keep everything perfectly clean; do not allow filth to accumulate and decompose, and thereby poison the air with noxious odors and disease germs.

Boards of Health make and enforce rules and regulations for both maritime and municipal sanitation; by the enforcement of maritime sanitary laws it is quite possible to prevent the introduction of infectious diseases, but in the matter of municipal sanitation the objects aimed at are not

so thoroughly or easily accomplished. The reason of this is, that the majority of every community feels a sense of false security in the fact that the health authorities have a system of scavenger service, both night and day, and that it is the duty of those who are paid to perform this service to keep the city or town in a perfect sanitary condition. Very few realize that it is their duty, not only to themselves but to their neighbor, to perform a part of the necessary sanitary work, to keep their houses and premises clean, and prevent the accumulation of decomposing filth. Not until this duty is understood and acted upon can we hope to have anything like perfect sanitation. I know of no better time than now to start this much-needed reform. We are just about to enter upon a long hot summer, the season when we are most threatened with infectious diseases. Therefore, now is the time when each and every individual should be a self-constituted sanitarian. See that your premises are kept clean at all times, and do not wait for the health authorities to compel you to do so. With these precautions we can reasonably hope to prevent infectious disease.

J. L. HORSEY,
Asst State Health Officer

Epidemic of Typhoid Fever.

In the month of October there were reported 260 cases of typhoid fever in St. Louis; in November, 1,358. The sanitary authorities have traced the cause to the water supply, and every means are being employed to check the progress of the epidemic. The water has been taken from the river, just below a number of bone-burning and rendering factories, which accounts for the contamination. It is astonishing that such a state of affairs in a city of St. Louis' pretensions should ever be permitted to exist for the shortest time. The sanitary authorities, unless they are circumscribed by municipal restriction, are culpable. But then, Philadelphia has had an epidemic of diphtheria recently, and Chicago lost 2,000 lives from typhoid fever in 1891. It is fortunate that the causes of these epidemics were easily isolated and removed by intelligent sanitation.—*Texas Sanitarian*.

Surgeon-Gen. Wyman on Cholera.

"There are at present two factors which render the situation with regard to cholera serious. One is the appearance of fresh cases of that disease in Hamburg and the other is the continued prevalence of the disease in Russia. The cholera is by no means wiped out abroad, and the greatest care will have to be exercised to prevent its gaining a foothold on this side of the Atlantic. The speedy passage of a bill which shall give clearly defined powers to make precautionary regulations, with sufficient appropriations to make them effective, is extremely desirable.

"Information has been received that in spite of all that has been done to discourage immigration from infected countries, particularly Russia, there are large numbers of immigrants from that country who are persistent in their efforts to reach the United States. The order for the expulsion of Hebrews from Russia, heretofore enforced in certain limited districts, is now being enforced all over the empire. This means that a large number of immigrants from badly infected districts, will try to reach the United States, and no one can view this matter without serious concern.

"It is inadvisable to create any unnecessary alarm in regard to the danger from cholera. I have great faith in the sanitary intelligence and ability to meet emergencies possessed by the people of the United States; but the facts have simply got to be faced, and it is the part only of ordinary wisdom to take precautions. There is danger of cholera reaching the United States from the Island of Cuba, because of the close commercial intercourse between Cuba and Spain and other European ports."

Dr. Wyman declared that there has been no intention on the part of the government to modify the Treasury Circular of August 19, respecting the importation of rags.

DUVAL COUNTY returns of late cannot be said to compare favorably with former reports. They continue to grow more meagre and incomplete.

The Restriction of Communicable Diseases.

Dr. Henry Kremers, the Health Officer of Holland, Ohio, says, and rightly too, that to restrict contagious diseases and prevent their spreading, it is necessary:

1. "That the Health Officer shall have notice of a contagious disease as promptly as possible.

2. "The Health Officer should, promptly as possible, have the assistance of every individual in isolating all affected with the disease.

3. "All danger and sources of spreading the disease should be stopped, and all infected things should be destroyed, or isolated until freed from infection.

"These measures are very seldom carried out, I am sorry to say. Children will be sick with an eruption for two, three or more days before a doctor is called, and by the time the Health Officer arrives a great deal of mischief has already been done. People have a wrong idea. The majority of physicians are anxious to prevent disease. The local Health Officer is hired by the city or township to look after contagious diseases and to prevent their spreading; and the parents should call on him when they do not know whether their child is sick with a dangerous, communicable disease or another disease.

"There is a great amount of opposition against the health authorities in the minds of many, for interfering in the care of their sick. The spirit, 'I want to do about this as I think best,' and 'I am boss in my own family,' crops out frequently."

Paper Money Dangerous.

In order to prove how much danger there is in paper currency that has been in circulation for some time, two Spanish medical men recently made an examination of some old bills and found them loaded with a variety of micro-organisms, which when injected into rats and guinea pigs caused the death of most of them within twenty-four hours. A considerable proportion of our paper currency is as filthy as 'beggars' rags. The government should adopt measures for effecting a more frequent exchange of new bills for old.—*Times-Union*.

Cause of Contagious Diseases.

The marine hospital surgeon detailed to examine into the mysterious epidemic at the Little Rock penitentiary reports that it was caused solely by the filthy condition of the prison. What is worse, this horrible sanitary condition has existed several years. No wonder there has been an epidemic. The only wonder is that the whole adjoining country about Little Rock was not affected and a large percentage of its population swept off by the penitentiary epidemic.

Contagious diseases that spread through a whole country and revel in death and destruction, are in every case caused by filth, bad air and starvation. The region over which cholera hovers constantly is one of the most thoroughly unsanitary spots that man at his dirtiest can create, and that is saying much. Typhus fever, the awful plague which slew 30,000 French soldiers at Prague in 1742, and is as much to be dreaded as cholera, is emphatically the disease of famine and filth. The peasants of Russia and Poland are the most uncleanly in their habits and surroundings of any civilized people, and there typhus broods and nests the year round. The Russian famine of last year has caused an unusual outbreak of it. Diphtheria and small-pox start in the same way—among the dirty, the starved, the ones who are huddled together in dark and noisome dens, unfit for beasts to dwell in. Thence the pestilence stalks through the earth and cuts down the sons and daughters of princes and millionaires and the fairest flowers of humanity. It is the awful revenge of poverty and ignorance on society.—*Exchange.*

English View of Sanitation.

The powers conferred upon health authorities, at first almost invariably permissive, gradually become more of a mandatory character. What a difference is there not, in the significance of these two words "shall" or "may" in a sanitary statute! The exercise of the powers vested in local authorities has resulted in the expenditure of an enormous sum of money. It has mainly been employed to secure pure water

supplies, to construct drains, to pave streets, to thin out densely inhabited places, to clear unhealthy areas, to erect dwellings of a healthful kind for the working classes, to provide public abattoirs, baths and wash-houses, town parks and open spaces, to build and maintain fever hospitals, to adopt improved methods of filth disposal. The maintenance of staffs of sanitary officers has caused a large addition to the taxation of towns. Formerly very few towns were provided with even a single Inspector of Nuisances. In 1864 Dublin had but one sanitary officer, now it has nearly fifty. It gives a good return in the form of a lessened sickness rate and reduced mortality. It diminishes pauperism by preserving the health of the working man. The death of the laborer by a preventable disease may have the effect of sending his children into the work-house. Sanitation has greatly reduced the mortality caused by preventable diseases. We pay enormous sums for an army and navy to preserve us from foreign foes, to protect our liberty, property and lives. But there are foes our brave sailors and soldiers cannot protect us from; enemies that kill annually far more than ever fell upon the battlefields during our greatest wars. These enemies are the infected diseases, which are not necessarily concomitants of human nature, and the attacks of which may be, and some day shall be, warded off. We require an army of sanitarians to guard us against those deadly foes. They who vanquish them achieve victories far more glorious than ever warrior won. They are triumphs which are not followed by the groans of the wounded, the wail of the widow, or the cry of the orphan. The trophies of the contest are increased health, life and wealth to man.—*Sir Charles Cameron, in Architecture and Building.*

HEALTH Officer Jenkins, of New York, proved himself a strong friend of Florida in the recent quarantine conference at Washington. His advocacy of a continuance of communication between Port Tampa and Havana during the summer months saved that portion of the fast mail service for us.—*Times-Union.*

Meeting of the Board.

The State Board of Health held a special meeting at its office, at Jacksonville, March 22, to receive and consider the annual report of the State Health Officer, and to present to the Governor and Legislature, soon to meet in biennial session, such suggestions and recommendations as were therein made, and were deemed by the Board imperatively necessary to maintain and perfect the present standard of health protection in the State of Florida. Those portions of the report relating to matters of finance and much needed legislation, were commended to the careful consideration of the Legislature.

The resignation of Dr. J. Y. Porter, as Secretary and Health Officer of the Board, tendered January 17, 1893, was presented, in view of the apparent earnest desire on the part of the Board that he should retain his office, was temporarily withdrawn, as evidenced by the following resolution, which was unanimously adopted:

Resolved, That this Board of Health, appreciating fully the invaluable services of the State Health Officer, do earnestly and unanimously request that he withdraw the resignation presented to this Board on the 17th of January, 1893; and further, that this Board extends its sincere thanks to the State Health Officer for his able and efficient management of the arduous duties of his office.

The State Health Officer reported on his recent trip to Washington to attend the conference between Dr. Walter Wyman, Supervising Surgeon-General, M. H. S., and some sixteen State health officials, on March 16th and 17th, in relation to the execution of the quarantine laws under the recent national legislation.

At the afternoon session the Board entertained Committees from the Council and Board of Public works of the city of Jacksonville, and considered matters presented by them in connection with the Boards interposing any objections to the re-paving of Bay Street, Jacksonville, at this season of the year with vitrified brick. It was conceded that until it was determined by the State Health Officer that said work proved injurious to the public health, no interference to the proposed work would

be made by the Board; provided that no grading was done, no excavations made, nor more than half a block disturbed at a time, and that all the wooden blocks taken up be sent to the Cremator and destroyed at once.

After the transaction of various matters of routine work, the Board adjourned until May 2d, the date fixed by law for its annual meeting.

Infection by Telephone.

The possibility of infection by the use of the telephone mouthpiece by successive speakers has been hypothetically discussed before now. A Dundee correspondent brings forward some facts in support of the possibility of such an occurrence. Dr. Anderson, the Medical Officer of Health for Dundee, who has had the matter submitted to him, has given a very sensible answer, which sums up the position in a practical manner: "If a person who is suffering from sore throat of an infectious nature brings his mouth into close, or even near, relation to the mouthpiece of a telephone instrument, I think, in the act of speaking and expiration of air from the lungs and throat, it is possible that infectious particles might adhere to the instrument. I think an instrument which is so much exposed to the human breath should be frequently cleansed whether the instrument be in a public or private room, and perhaps the simplest and most convenient cleanser is warm water and carbolic or Sanitas soap."—*British Medical Journal*.

A Florida Teacher.

One of our esteemed contributors sends us the following interesting bit of news, showing the ignorance of apparently well informed people on other subjects of some of the simple principles of sanitary science: " * * * In this connection I was amused, as well as appalled, at the want of knowledge of an excellent school teacher whose child had had *Scarlet Fever*. When desquamation of the epidermis occurred she gathered quantities of it and took it to the school to show the children the formation of the cuticle, unaware that each particle might convey the disease to a susceptible child."

Sanitarians as Consuls.

The NOTES heartily approves of the appointment of sanitarians to the responsible positions of consuls at foreign ports, particularly at those ports which annually menace Florida and other portions of the United States from yellow fever, and, therefore, it is exceedingly pleased to learn that the names of Hon. Horatio Crain, of Key West, Dr. Jno. Guiteras, of Philadelphia, and Dr. W. H. Brunner, the present very efficient Health Officer at Savannah, are prominently mentioned and will be urged upon President Cleveland for appointment as consuls to Havana and Matanzas, Cuba, and Rio Janiero, Brazil. The NOTES endorses the applicants as being well fitted for the positions named.

A Hygienic Lesson.

St. Louis has been suffering lately from a remarkably severe epidemic of typhoid fever. No less than 1,358 cases were reported in November, the number increasing from 86 in the first week of the month to 930 in the fourth week; 320 new cases were reported in one day. The trouble is traced to the water supply.

Such an experience demands attention from every city that derives its water from a river flowing through a populous district and necessarily receiving discharges of sewage. At St. Louis sewers which drain a considerable area, in which are situated bone-burning and rendering factories, discharge their contents into the river just above the spot where water for the use of the city is taken, and the chief sanitary officer says that any one of these sewers is enough to contaminate the supply. The authorities have appreciated this danger and work has been already begun to extend the mains above the point of greatest contamination before the recent epidemic occurred.

As the rendering establishments have been in operation a long time, it is probable that they are not the sources of the typhoid infection, though they would make the water otherwise unfit for use. This particular poison has more probably been derived from actual cases of typhoid fever

in some of the dwellings whose sewage is discharged into the river. This has been known to occur in the Schuylkill, and might occur again, even if all the factory discharges and other obvious foulness were carried off by intercepting sewers.

There can be no absolute safety for any city unless all the water for domestic use is drawn from a source far above any probable contamination. We can improve the water supply by extending the protected area and preventing contamination close to the water works, as we have been trying to do at Fairmount; but as long as there are towns and villages and large industrial districts that necessarily drain into the river, the danger of occasional outbreaks of typhoid fever and other interic diseases, must always exist.

The lesson for Philadelphia in the St. Louis epidemic is a plain one. We must seek our water supply at the fountain head—in the uncontaminated upper waters of a great mountain stream.—*Exchange.*

Keep Disease at Home.

Observation, instigated by a heart and soul interest in my children, has taught me that many parents are too unmindful of contagious diseases. It is a common occurrence to see children, in whose families there are one or more victims of mumps, chicken-pox or whooping-cough, as the case may be, playing on the streets and endangering the health of the neighbors' children, when they should be confined closely at home.

Because your little ones are so unfortunate, is it altogether just that you should impose the affliction upon others? This question can hardly be answered in the affirmative, "O, let them go; it's all over town anyway," is a happy way of relieving your mind, yet your thoughtless conclusion may be as a shovel to heap loads upon some already weak, toil-worn shoulders. Not only does the indifference of one woman bring work and worry on another more prudent, but serious consequences oftentimes result. As an instance, a lady whose little babe had been exposed to and stricken with an infectious disease, was forced for several weeks to nurse her cross,

sick child, do most of her housework—having no efficient help—and care for an aged, paralyzed father whom she knew was slowly but surely passing away.

As I looked from her tired, anxious face to the death-dimmed eyes of her only parent, as he lay still and helpless in his last earthly pose. I could but wonder, and wonder again, why mothers do not more universally sympathize with one another. Surely these tests of sorrows and tears should link us into one long chain of kindred humanity!

Then let us at least *try*, when one child is taken with an authentic case of contagious disease, not to permit the others to continue walking, visiting and going to school, where they will surely develop feverish symptoms, thereby spreading sickness and trouble, and perhaps causing death.—*Zulo B. Cook in Woman's Work.*

Disease-Breeding Money.

WASHINGTON, Dec. 23.—The ragged condition of a large percentage of the paper money in circulation is causing some concern at the Treasury Department. No appropriation has been made in ten years for the shipment of mutilated notes to Washington for redemption, and the situation has grown worse constantly.

The banks keep their notes comparatively fresh because they are able to obtain New York exchange from the Treasury for their deposits of bank notes for redemption. The issuing banks have to pay the express on the new notes sent them, but the banks sending in the notes gathered from all over the country pay the express on the packages they send, and are glad to do it, in return for New York exchange.

United States notes cannot be dealt with in this way, because the express companies refuse to carry them both ways at the Government express rate. The Government notes circulate in all but the Sub-Treasury cities, with little chance of redemption and the issue of new notes in their places.

Clean money is becoming so scarce outside of the Sub-Treasury cities that it seems to be an object of suspicion.

The danger that cholera, to say nothing of other contagious diseases, may be spread by these filthy notes, makes it of prime importance that the present currency should be called in and clean money substituted.—*New York World.*

Heart Failure (?)

Mr. Michael Joseph Donnelly, of St. Paul, has observed a popular medical craze of the day, and has satirized it in a lively fashion. We cordially commend his verses to the reflection of the entire medical fraternity:

He shuffled along the scaffold walk,
Nor heeded the dizzy height;
Then having dumped his mortar out,
He turned and passed to the right.
He stumbled—grasped to save himself.
His downward course to check;
He dropped about a hundred feet.
And lit upon his neck.

Did he die?

Yes.

Dislocated neck?

No. Heart failure.

He skated on the river's ice,
The night was crisp and clear;
The city being close at hand.
There were no wolves to fear.
On, on he sped with lightning speed,
The town more distant grew;
A hole—a splash—a gurgle, and
He disappeared from view.

Did he die?

Yes.

Drowned?

No. Heart failure.

He loved his Nell for many years,
He loved her hard and well,
But never had the courage his
Affection strange to tell.
He nerved himself at last one night,
As by her side he sat;
He only got as far as "Nell,"
Then asked, "Where was I at?"

Paralyzed?

No. Heart failure.

Precautions Against Cholera.

The Health Board has selected twelve of the seventeen doctors of the summer corps and put them on the probationary list as medical inspectors, at \$100 per month. Each will be assigned to a district and required to make a weekly report of its condition. This precaution is taken in view of the possible appearance of cholera in the spring. The inspectors will be under the charge of Dr. Herman M. Briggs.—*N. Y. Medical World, January 7, 1893.*

Cholera Notes.

Warnings multiply of the threatened calamity of the coming summer. Cholera is rapidly spreading in Russia. The medical men of Europe were never so unanimously gloomy in their diagnosis of a threatened evil as in this matter of the cholera epidemic during the coming summer.

"In time of peace prepare for war."—*Vide*.—Philadelphia has raised an emergency fund of \$100,000, to be used in case cholera should make its appearance in the United States.

All the sanitary prophets agree in predicting the advent of cholera during the coming summer. The wise and prudent will take note, and without needless delay proceed with intelligent energy to put their premises and surroundings in that condition which is said to be next to Godliness. Get ready for the cholera before the cholera comes, and if everybody does his or her duty in this respect, the cholera will make no inroads upon the public health.

American tourists abroad are flocking home. The belief is prevalent that the dread disease will rage in devastating fashion early in the spring, and unless they get home now they may be shut out.

We are not alarmists. All agree that the outlook is gruesome. Clean up, and keep clean.

Syphilis Contracted from Cigars.

Dr. W. S. Gottheil, in a letter to the *New York Medical Journal*, published on March 19, 1892, points out the dangers of syphilis being communicated by cigars. He gives the history of two cases of secondary syphilis, one of whom was suffering from a chancre on the lip, which she had acquired by drinking out of the cup used by the other, who had numerous mucous patches in the mouth. The girls were cigar finishers, and took the cigars from the machine, biting off the ends and using their saliva for finishing the tips. Neither of them would believe that the disease was contagious, and both of them continued to work as before, "because it took too long to use the knife and brush."—*Ex.*

Notelets.

JEFFERSON COUNTY failed to report for February although allowed ample time and repeatedly advised of their neglect.

WE call attention to the contribution to the Notes from Dr. J. L. Horsey, of Fernandina, Assistant State Health Officer, and emphasize his concluding remarks: "Now is the time when each and every individual should be a self constituted sanitarian. See that your premises are kept clean at all times, and do not wait for the health authorities to compel you to do so. With these precautions we can reasonably hope to prevent infectious disease."

There is every reason to believe that cholera will sweep Europe next summer, and a serious question to this country is, can it be kept on that side of the Atlantic? There is a feeling that while the United States may not suffer, the greatest care should be taken to keep it out. This country will be overrun with foreign people next summer visiting the World's Fair, and it appears to us that it will be very hard to keep cholera from obtaining a hold in some of our large cities.—*Ex.*

In the interest of economy the County Boards of Health must go. The State Board, acting in harmony with the United States Marine Hospital Service, can furnish ample safeguards against the introduction of disease across our land boundaries on through coast communication. A half-mill tax will yield enough revenue for the support of the State Board, and we can thus make a saving about one mill—or nearly 33½ per cent.—in the levy for health purposes.—*Times-Union.*

At the Congress of Hygiene and Demography, held in London, August, 1891, after a discussion on the disposal of the dead, the following resolutions were passed: "That governments should be urged to remove all legislative obstacles to the cremation of bodies;" "That governments be urged to adopt cremation of bodies on the battle field;" "That the cremation of the dead is a rational and hygienic procedure which is especially called for where death occurs from contagious disease."

Causes of Deaths During February.

Mortality Reports of the Twenty-eight Counties and Two Cities of the State of Florida, below enumerated, during Feb. 1893, classified by Diseases

DISEASES	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE	CITY OF KEY WEST	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL
Abscess (Liver).....	1	1
Alcoholism.....	1
Anæmia.....	1
Aphthma.....	1
Apoplexy.....	1	2
Asthma.....	1	1
Ataxia Loco.....	1	1
Blood Poisoning.....
Bowels, Congestion of.....	1	1	.
Bright's Disease.....	1	.	.	.	2	1	.
Bronchitis.....	.	1	1	2	.	.	1	1	.
Burns.....	1
Cancer (Face).....	1	1
Cancer (Liver).....	1
Cancer (Testicles).....	1
Cancer (Uterine).....	1
Cancer (not stated).....	1
Cerebral Concussion.....	1	1
Cerebral Congestion.....	1	1
Cholera Infantum.....	.	.	.	1	1	1
Cholera Morbus.....	1
Consumption.....	2	1	.	.	2	.	.	.	3	6	1	3	.	1	1	.	.	1	.	.	.	12	1	33
Convulsions.....	1	1
Defective Vitality.....	1
Diarrhœa.....	1	.	1	1

CAUSES OF DEATHS.—CONTINUED.

DISEASES	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE CITY OF KEY WEST	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL
Dropsy.....		1							1						1			1			1									2		2
Drowned.....																		1			1										1	1
Eclampsia.....																		1														1
Endocarditis.....																		1					1								1	2
Enteritis.....																		1			1										1	3
Entero Colitis.....											1												1									1
Exhaustion.....																																1
Fever (Malarial).....										1	2		1				1			2												7
Fever (Puerperal).....						1			1								1															3
Fever (Typhoid).....	1								1		1																			2		5
Gastritis.....																	1									1						2
Gastro Enteritis.....																		1		1												2
General Debility.....	1																															1
Heart Disease.....								1									1	2		1		1		3							2	11
Hemorrhage (Cerebral).....					1																											1
Hemorrhage (Lungs).....																			1													1
Hemorrhage (Puerperal).....																							1									1
Hemorrhage (Umbilical).....			1																													1
Hepatatis.....																						1										1
Inanition.....											1							6														7
La Grippe.....																									1							1
Liver (Cirrhosis of).....											1									1					1							2
Liver (Disease of).....							1																									1
Marasmus.....																																1
Meningitis.....											2							3				1									1	7
Myelitis.....														1																		1
Nephritis.....																																1

CAUSES OF DEATHS.—CONCLUDED.

DISEASES	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEON	LEVY	MANATEE	MARION	MONROE CITY OF KEY WEST	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	ST. JOHNS	SANTA ROSA	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL	
Nervous Prostration.....																				1												1	
Paralysis.....		1																				1										5	
Peritonitis.....		1																								1						4	
Pertussis.....																																1	
Pleurisy.....		1																														2	
Pneumonia.....	2							1	1	1	1			1			3									1	1	1		2	3	18	
Poisoned (Potash).....																																1	
Poisoned (not stated).....											1																	1				1	
Rachitis.....																		1														1	
Rheumatism.....		1																														2	
Senile Decay.....	1													1						1	1				1						1	2	8
Still Birth.....	1	3				2									1		4	5		1	1											16	
Stomatitis.....																																1	1
Suicide.....											1																						1
Syphilis.....																																	1
Tetanus.....											1							1															2
Trismus Nascentium.....								1																									3
Uræmia.....																																	1
Wounds (R. R. Cars).....																								1									1
Wounds (Crushed).....	1																																1
Wounds (Gunshot).....	1																1									1							3
Wounds (Cut).....																																1	1
Cause not stated.....	1										1									1											1		4
Total in each County.....	13	9	2	1	1	3	1	5	4	3	18		3	6	3		19	33	3	11	2	9	3	5	4	6		5		41	17	230	

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Ages of Decedents.

February, 1893.	White.		Colored.		To'l
	M	F	M	F	
Still Born	18	17	8	9	50
Under 1 year	10	3	1	1	15
Betw'n 1 and 5 y's	4	1			5
" 5 " 10 "	2	2	3	2	9
" 10 " 15 "	2	4		3	9
" 15 " 20 "	5	4	6	5	20
" 20 " 25 "	5	5	2	3	15
" 25 " 30 "	9	7	9	8	33
" 30 " 40 "	9	3	3	1	16
" 40 " 50 "	6	6	3	2	17
" 50 " 60 "	5	7	3	4	19
" 60 " 70 "	4	1	4		9
" 70 " 80 "	6	1		2	9
" 80 " 90 "	1			1	2
" 90 " 100 "					
Over 100 years	1	1			2
Not stated					
Total	87	62	42	39	230

Summary, February, 1893.

Number of counties reporting	26
Number of cities reporting	3
Total population of said counties and cities	281,314
Number of births reported	309
Number of marriages reported	268
Number of deaths reported	230
Birth rate per 1,000 per annum	13.14
Death rate per 1,000 per annum	9.82
Average age of this month's decedents	30.28
Number of deaths under 5 years of age	65
Number of deaths over 70 years of age	20
Number of deaths by violence	14
Number of premature and still births	16

Reports from Havana.

Yellow Fever.	New Cases.	Deaths.
Week ending Feb. 2, 1893	4	1
Corresponding period of 1892	4	3
Week ending Feb. 9, 1893	10	5
Corresponding period of 1892	14	4
Week ending Feb. 16, 1893	5	0
Corresponding period of 1892	4	2
Week ending Feb. 23, 1893	7	2
Corresponding period of 1892	3	1
Week ending March 2, 1893	3	0
Corresponding period of 1892	3	1
Week ending March 9, 1893	4	0
Corresponding period of 1892	4	0
Week ending March 16, 1893	10	4
Corresponding period of 1892	5	0

SUMMARY—YELLOW FEVER.

August, 1892	144	58
September, 1892	364	85
October, 1892	224	49
November, 18-2	193	52
December, 1892	121	35
January, 1893	39	21
February, 1893	25	8

Ages of Decedents Year 1892.

	White.		Colored.		To'l
	M	F	M	F	
Under 1 year	269	240	181	191	881
Betw'n 1 and 5 y's	107	85	106	96	394
" 5 " 10 "	26	19	17	21	83
" 10 " 15 "	17	11	13	12	53
" 15 " 20 "	23	29	33	47	132
" 20 " 25 "	42	34	47	36	159
" 25 " 30 "	66	39	46	40	191
" 30 " 40 "	122	83	75	66	346
" 40 " 50 "	77	60	59	54	250
" 50 " 60 "	77	35	45	36	193
" 60 " 70 "	84	65	54	32	235
" 70 " 80 "	72	45	32	30	179
" 80 " 90 "	27	27	13	14	81
" 90 " 100 "	3	2	3	2	10
Over 100 years	1			2	3
Not stated	11	12	12	16	51
Total	1024	786	736	695	3241

Average age of decedents—29.62 years.

Summary, 1892.

DEATHS.

	Males.	Females.	Total.
White	1,024	786	1,810
Colored	736	695	1,431
Total	1,760	1,481	3,241

BIRTHS.

	White.	M.	F.	Totals.
Legitimate	1,349		1,133	2,482
Illegitimate	11		17	28
Total	1,360		1,150	2,510
	Colored.	M.	F.	Totals.
Legitimate	660		638	1,298
Illegitimate	51		44	95
Total	711		682	1,393

Meteorological Summary.

(Observations at Jacksonville Station.)

Mean temperature for Feb. for 22 years	59.0°
Mean temperature during Feb. 1893	62.0°
Highest temperature, on the 16th	82.0°
Lowest temperature, on the 23rd	41.0°
Prevailing direction of wind	Southwest.

Diagram of Diseases Causing Heaviest Mortality.

Consumption	33
Pneumonia	18
Heart Disease	11
Meningitis	7
Fever (Malarial)	7

FLORIDA HEALTH NOTES

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No. 10.

MEMBERS OF THE STATE BOARD OF HEALTH.

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Office of the Board, Jacksonville, Florida.

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Health Matters in the Legislature.

With the possible exception of the special session of 1889, called for an especial purpose, namely: to create a State Board of Health, no legislature of Florida has ever manifested as much interest in health subjects and sanitary measures, as the one now in session. It is a gratifying sign of the progress of philanthropy when the representatives of the people show such an earnest desire to arrive at, and legislate for the betterment of the health of their constituents, and demonstrates that the stimulation given to the subject of health protection and advancement, by the publications of the State Board of Health has been as it were, seed sown broadcast and now likely to bring forth that fruit which will in the years to come make the citizens of Florida healthier, happier and wealthier. To realize this possibility authority in the form of law is sought for to compel municipalities to protect its citizens from nuisances detrimental to health, and to observe the requirements of good sanitation, and to acquire through

properly collected vital statistics the knowledge necessary to determine, not only the producing factors of disease, but the agencies, as well for maintaining good health. Of course, we regret that all of the members of the Legislature do not view as we do the necessity for the full health legislation suggested by the State Board of Health, and it may be that none of the measures asked for and proposed by the Health Committee will pass both bodies, but even should the bill fail completely we are satisfied that much good will finally come from the very free discussion of vital statistics and quarantine protection and that the time and attention given to them has had the effect of awakening thought on these subjects.

At this writing House Bill No. 76, creating a "State Bureau of Vital Statistics and increasing the efficiency of the State Board of Health," has been the only health measure passed by either branch of the Legislature. A similar bill has been on its third reading in the Senate for several days. Senate Bill No. 63, abolishing County Boards of Health, is on its second reading in the Senate, having amendments which, if adhered to, will defeat the very object sought to be accomplished, viz: economy of action, uniformity in rules and division of responsibility.

We have watched the sentiment of the Legislature very closely and our deductions are that the people speaking through their representatives are strong in their confidence of the State Board of Health and desire its continuance. The Board has evidently come to stay. It is but a

question of time, and we think a very short time, when the people will realize the necessity for a thorough system of collection of vital statistics, and will demand the measure. We have faith that as soon as the question is understood—and the recent debates on this subject have that tendency—the people will instruct in the right direction, and as the Legislators are the representatives of the people we are willing to await their action.

Florida Insane Asylum.

Written for the "Notes."

This institution is located at Chatahoochee, a small station on the F. C. & P. R. R., in Gadsden County, about a mile from the Apalachicola River. The buildings are situated on a plateau at an altitude of about 270 feet above the sea level. The surrounding country is low and at times inundated. The buildings are good, substantial brick structures, originally erected as an arsenal for the Federal Government. After the war when the Government relinquished its right to the buildings the State used them as a penitentiary. When the Legislature authorized the "farming out" of convicts and the insane of the State had so increased as to make it necessary to establish an institution for their care, these buildings were converted into an asylum for the insane. The buildings have recently been refitted and other necessary improvements made. There is no sewage system connected with the Institution, but thanks to Dame Nature this difficulty is partially obviated by the hilly formation and clay soil of the adjacent country and the heavy rains to which this section is subject. The supply of water has been inadequate in the past, but a dam has recently been built across a neighboring creek, about a mile from the Asylum, with a turbin wheel of six-horse power and a duplex pump in course of construction, which, when completed, is calculated to furnish more than enough water for all present needs. The food is the same as "Army rations," supplemented by vegetables in any quantity and every variety. Lately the better class of patients—those who are convalescing and the less

violent, have been furnished with porcelain plates, cups, saucers and knives and forks. This has been a marked improvement, those who are left with any mental faculty at all being anxious to enjoy the privileges of this table. Many more improvements of a similar character are contemplated. A building especially designed and constructed for hospital purposes, in connection with this institution, would be a great improvement and enable the medical attendants to greatly better the condition of the sick. Every week during the winter a dance is given to those who are able to enjoy dancing. They are also supplied with foot-balls, checkers and cards, which they seem greatly to enjoy. Will friends of the Institution and patients kindly send old papers and magazines. If they were here to see how they are received and appreciated by these poor unfortunates, they would be amply repaid for the little effort it costs them to forward them here. The Southern Express Company kindly offers to throw off all book and papers, marked as such and addressed to the Superintendent, free of charge. Under the able management of the Superintendent, Dr. J. N. Smith, much has been done for the comfort and pleasure of the patients and the sanitary condition of the Institution. During the month of March there were 280 inmates; 154 white and 126 colored. One hundred and fifty-one of whom were males and 129 females. During this month three deaths occurred, caused by Cerebritis, Phthisis and Pneumonia.

L. D. BLOCKER, M. D.,

Physician F. I. A.

Thanks.

The State Board of Health wishes, through the medium of the NOTES, to thank the Public Health Committees of both the Senate and House of the present Legislature for the kindly attention paid to its recommendations, and the unanimous approval of the measures presented to them by the Board.

The executive officer of the Board feels indebted for the many courtesies shown him, and desires to add his thanks to those of the Board.

Sanitation the Best Insurance.

To the "Notes:—"

The earning capacity of the citizen, in every direction considered, may be said to be the measure of his value to the State. Of course the term State here means the government nearest to him and having the closest interest in his welfare. This is generally the family, of which he may be the chief, or an important member. As his relations in the widening circle embrace the city, county, State and Union, so, though their reciprocal relations grow more remote as they are farther removed, and our selfishness exaggerates distance, sanitation leaps all these barriers and stands not upon any question short of that world-wide humanity that removes the lines of national demarcation and unites in a common weal because of the danger pending of a common woe. Epidemics paralyze industries, destroy commerce, suspend intercourse, invading the State more destructively than any army of an enemy, which has no sooner mastered the field than prosperity is sought in restoration even for the sake of reprisal or reparation. But the epidemic has only one source of reparation, and that is the lesson of sanitation to ward off and bar the way for the future against the like epidemic invasion.

The greatest destruction to the State is the loss of the citizen—his life, his hope, his energies, his aim, his ambitions; strike down these and the State lies prostrate; preserve these and the State preserves her life, hardihood, progress, grandeur and destiny. Preserve these by means of the sanitary code, the life and health of the citizen, so far as possible, and thereby is preserved his usefulness, which is his earning capacity, as his measure of value to the State.

Really, we assess a value upon every other property of the State but that property which resides in the life of the citizen, and the only insurance, the only guardianship, the State offers of this is in her code of health laws administered by the State Board of Health. It is true that against murder the laws make provision, but murder reaches one in one hundred

thousand, while disease and death reach out to all. It is better to preserve the earning capacity of the citizen, by guarding his health, than by laws against murder, if one had to be substituted for the other, since communities will rise and exterminate murderers, and thus in blow and vengeance protect themselves; but against disease no lynch law or shot-gun policy, or code of dueling, or threat, or menace will avail; for Science, with her loving eyes of wondrous skill, with her guardianship of marvelous care, with her spirit of sacrifice and endeavor, installs the system of sanitation to protect and preserve, and thus the citizen in his usefulness, in the possession of his estate—an earning capacity, a taxing valuation, limited only to life itself, is maintained.

Consider for one moment what the State would be without the earning capacity of the citizen to preserve it, and that this destroyed, means the death of the State, though lingering it may be, and then the value of sanitation and of the State Board of Health to the people of Florida may be accurately measured and defined.

HORATIO CRAIN,
Key West, Fla.

Panics.

To the "Notes:—"

Named from the god Pan, of the Greek mythology, who was said to appear in hideous form from places of concealment to alarm travelers.

From the dawn of history to the present time innumerable instances are recorded of the dire effects of panics in armies at war, in commerce and, worse still, among a people when a pestilential scourge breaks out among them; when ignorance becomes insanity and fear drives out all reason. It is only when the dread of impending evil has passed away that men realize how very foolish their conduct has been and how much better it would have been for them—for all—not to have "lost their heads." But a panic, when well started, is uncontrollable. Like the god Pan; it is hideous, and when fright takes possession of a community it is only authority, rigidly applied, that will dispel

the prevalent illusion, bringing men to their normal senses. Who has not seen the woeful effects on the mind of the influence of one or a few in starting a panic? It is like a prairie fire, small at first, but increasing in a terrible ratio until it exhausts itself. Here in Florida we can well remember our last visitation of yellow fever—how cannons were fired and tar burned in the streets of Jacksonville; towns and counties enforcing quarantine and non-intercourse against each other, maintained by shotguns and other preventive measures. We had no sanitary authority of our own and had to rely on the dilatory action of the Marine Hospital service. But for this aid, although slow in coming, what part of our State could have escaped? Well, we have a State Board now and a State Health Officer, so that our people can rest in peace as to any future visitation, if they will only support the officer in his duties, giving him their entire confidence, for he is eminently qualified for the responsible position he occupies, possessing all the necessary elements of culture and experience; then we can feel safe in the future. All our practicing physicians should keep *en rapport* with the Health Officer at all times, to make his duties more efficient and permanent.

Confidence in that with which we have to do and in those with whom we associate in all the walks of life, is an anchor of safety and success. It is the foundation on which rests commercial and financial transactions. Without confidence in man, in the various enterprises of these stirring times, chaos would prevail and society dissolve. How important, then, that no one should be so inconsiderate as to start a story in regard to an alleged contagious disease in any house or community. This belongs to the physician only, who will know the truth and act accordingly; otherwise there will be no telling what the consequences may be in a given community should a false report be circulated, as stories never lose anything by passing from mouth to mouth. The writer has seen this during the past winter. Why not wait, giving the doctor the opportunity to declare what the particular case may be,

giving him that confidence he is entitled to, and through him the State Health Officer, should the case require his attention.

Therefore, let us all have confidence in our physicians, our sanitary officials and municipal officers, that they will discharge their duties in such manner as to make us feel secure against any contagion from within or from without our borders.

Further, it is hoped that the present Legislature will pass one of the bills, at least, that increases the powers and duties of the State Health Officer, formulated by the State Board, growing out of the experience obtained in regard to the present system, as the contemplated change will give much greater efficiency to any measures adopted for the care and preservation of the public health. The new system, under law, is a much needed improvement.

R. J. MARVIN, M. D.

Orange City, Fla.

A "Bed Day" For Tired Ones.

It is told of Phœbe Cary, who was a remarkably sunshiny and loving woman, that whenever she used to feel "out of sorts," she would shut herself up in her room for rest until the serenity of soul was restored. She was wise enough to discern the physiological side of amiability and govern herself accordingly. A mother of two restless children acts upon the same principle by insisting upon an occasional "bed day." She has observed that "crossness" with them is invariably the result of too much activity; that nervous force is expended faster than muscular strength is generated, and tries to restore the balance in the manner suggested.

The children understand that the measure is not a punishment, but enforced solely for sanitary reasons, and are allowed plenty of playthings and quiet games. This mother testifies that the next day her small brood is "bright and chipper as young robins." The experiment for either children or adults is worth trying, especially after the excitement and irregular habits necessarily connected with a holiday season.—*Exchange*.

State Insane Asylum.

In Dr. Blocker's interesting description of the State Insane Asylum, in another column of this issue, attention is called to the want of proper hospital facilities in the institution. We ask for an attentive reading of the article, especially by the members of the Legislature. Some little while ago the State Health Officer made an inspection of this institution and in his report to the President of the State Board of Health he says: "If it is only the intention of the Legislature to provide a place for the confinement and seclusion of those mentally afflicted, they have partially accomplished the purpose, but, if in addition to the confinement and seclusion, it was ever contemplated that the Institution should be one for treatment, with a reasonable hope of cure, they have certainly fallen short of the desired object, when they place together patients in all stages of mental alienation."

The law regulating admission to the Insane Asylum needs radical revision; there is too much elasticity to the construction of the term "lunacy" and many who are not lunatics are sent to the Institution under the false idea that the charity is intended for any one who suffers from mental or nervous disease. Epileptics, idiots and the weak-minded are classed by the committing magistrate as lunatics and made a charge upon the noblest of all the charities of the State. To correct this, discretionary authority should be given the Superintendent of the Asylum to refuse admission to any and all whose mental condition does not, in his professional opinion and experience, entitle them to treatment, and in the absence of a State Board of Lunacy his decision should be final.

The State Health Officer was informed at the date of his inspection, previously referred to, that in several instances patients who had been refused admission by the Superintendent as not coming within purview of the Institution, were immediately returned by the committing magistrate.

Another evil which should be corrected is the abuse of the State's charity in the

committant of persons whose relatives are well able, financially, to pay for their care elsewhere.

This is a subject demanding the attention of the Legislature and the NOTES expresses the hope that there may be a special commission appointed to thoroughly look into the requirements of the Asylum, correct the abuses of commitment and devise means to improve upon the physical and mental condition of the inmates. The officers of the Institution are conscientious, intelligent and devoted to their work, but with meagre appliances at their command very little can be accomplished in treatment, looking to permanent cure; indeed, it is a wonder, and they are to be congratulated upon having done so much.

Personal.

The Hon. W. S. Jennings, of Hernando, as chairman of the House Public Health Committee, has made an able and successful fight for health protection and sanitation in the House.

The Hon. Jefferson B. Browne, of Monroe, is known in the Senate as the champion of health measures. His arguments are always forcible and convincing as the vote invariably shows.

Hon. Jas. McKay, of Hillsborough, is a capable and efficient captain of the good ship "Hygeia," and as a pilot acquainted with legislative shoals, he is exercising his best energies in steering her through the rocks of local opposition and prejudice.

Correction.

The NOTES regrets that the names of Doctors Hargis, of Pensacola, and Jenkins, of New York, were omitted in the mention made in the last issue, of the medical men who were present at the Conference with Surgeon-General Wyman, at Washington, in March last. The omission was entirely accidental and in the hurry of proof reading was not discovered until the entire issue had been struck off. The NOTES trusts that this amende will satisfy the gentlemen that no premeditated slight was intended.

The Pied Piper of Hamelin.

It might be a wise expenditure of money for some benevolent person interested in sanitation to present to every municipal corporation a copy of Browning's delightful poem, called "The Pied Piper of Hamelin;" on the understanding, of course, that every member of the corporation should read, mark, learn and inwardly digest the same. The story is perhaps not so well known as it ought to be. Hamelin town in Brunswick, some five hundred years ago (the date is Browning's) was infested with rats, and the mayor and corporation were at their wits end to know how to get rid of the plague. The Pied Piper offered his services, for which he was to be rewarded with a thousand guilders; and he piped to such purpose—so cunningly and enticingly—that all the rats in the town (save one) followed him to the river Weser, wherein all plunged and perished. But, as naturally, the Pied Piper wanted to be paid his thousand guilders. Here, however, the mayor and corporation grew stingy; their business was done they thought, and they would be troubled no more; but to get rid of the pestilent fellow, they offered him fifty. Then came the tragedy of the story. They had treated their deliverer shabbily; they had put him in a passion and they found him to pipe in another fashion. Again he piped, so sweetly and persuasively, that all the children in the town came flocking out, and ran merrily after the wonderful music with shouting and laughter; and they followed their leader to the side of a mountain, which opened and swallowed them all up, and they were never heard of more—in Hamelin; and all the parents in that ill-fated city were left to mourn.

But it isn't true! We are not so sure of that. It is certainly in print; and if it weren't true, how could a grave poet like Robert Browning have taken the trouble to write out the story in charming verse? For our part we believe it to be perfectly true—if not in the letter, certainly in the spirit. When Browning wrote it do you not think he had in view those principalities that grudge the expense of paying to

get rid of nuisances? There are plenty among ourselves who still act the part of the mayor and corporation of Hamelin. Clearly the meaning of the poem is that if you are mean enough to grudge the necessary expenditure for ridding your town of destructive pests, then you will have to pay for your sordid economy in the loss of your dearest. You will see your children pass away before your eyes, and you will be utterly unable to stop them, or to recall them. You will have to pay the piper somehow; if not in money, then in some far more costly and tragical fashion. Bacilli are more troublesome and more destructive than even rats; because they destroy the most valuable of all property; and they cannot easily be got rid of without the spending of money. Disease is the costliest of all conditions for a town; while the expenditure on sanitation is the wisest economy.—*The London Sanitary Record.*

How Infection Travels.

Some months since the State Board of Health of Florida received, as has long been customary, a notification from Hon. J. B. Weber, Health Commissioner of New York City, stating that Jacksonville was the destination of one of the passengers of the steamship *Saale* on which a case of small pox had developed en voyage from Bremen. The object of which notification was that the health authorities of Florida might be advised of the true history of the immigrant, and if thought necessary, to keep him under espionage. Within the four weeks following the receipt of that notification the Board received inter-state notifications from other State Boards of Health, announcing the outbreak of small pox in far divergent portions of the commonwealth, all traceable to this steamship *Saale*.

HYGIENE of the Mind should be taught to the young, and even those of advanced age would profit by practicing it. It tends to elevate ideas, expand judgment, restrain prejudice and broaden views of life and people.

Inoculation Against Cholera.

One of the worst plagues that ever wasted human life has been almost stamped out, or at least robbed of much of its ancient terrors, by vaccination. A similar protection has been successfully adopted against certain destructive epidemics among the lower animals, and there is little doubt that other infectious diseases will yet be brought under scientific control.

There is now no epidemic that causes such universal terror as the cholera; none whose ghastly march seems so irresistible from nation to nation and from continent to continent; none whose deadly work is surer, speedier, or attended with more agonizing symptoms; none that so paralyzes the commerce of the world; none that calls out such strenuous efforts to resist its invasion, or to restrain its spread. Is it possible that we shall ever be able to say to this pest, "Thus far, but no farther?"

Experiments to that end are being carefully conducted at the institute of infectious diseases in Berlin, and not without strong hope of success. The professors of the institution have expressed a fluid from the thymus glands of calves, and cultivated in it the cholera microbe—"the comma bacillus."

Hypodermic injections of the fluid into guinea-pigs are found to give rise to severe general symptoms akin to those of cholera, from which, however, the pigs recover by the next day. The symptoms lessen on each injection. By the fourth or fifth day the animals are wholly resistant to the most violent form of the cholera poison, being unharmed by three times the quantity which would prove speedily fatal to animals which had not been so treated. Other experiments have determined the minimum dose that will protect against injections of the most virulent cholera bacilli.

At Professor Koch's suggestion, the cholera bacillus has been cultivated also in ordinary pepton-bouillon, and with similar results. Guinea-pigs treated with it are able to bear double fatal doses of the cholera bacillus, while those not so treated die, without exception, of cholera.

So sure are the investigators that immunity from cholera can be secured by inoculation in the manner stated above, that at the last accounts they were about to experiment upon themselves.—*Exchange.*

A Radical Measure.

A dispatch says that at Vinton in this State a private residence was condemned and burned by the local Board of Health, as dangerous to the public health. It was a nidus for diphtheria. So persistent was the disease in this house, and so fatal, that the local physicians proposed a radical mode of disinfection—cremation. It and its contents were accordingly condemned and burned, and the owner and occupants will be reimbursed by law. This seems to be and is a radical measure for prevention and will prove most successful. There are some "tenderfoots" who will condemn such wanton destruction of property as not only wasteful, but useless. It is neither. It is economic and represents the most efficient mode of prevention. What would such say to an order by the Italian government. Naples has long been notoriously unhealthy, the rate of sickness and mortality being fearfully high. In order to put it into a better sanitary condition; to remove pestilential houses and to provide facilities for sewerage and drainage, sixteen hundred houses were condemned and ordered destroyed, involving an outlay of money for property destroyed and sanitary improvements contemplated of millions of dollars. The money could not be better expended, and there are American towns and cities that might profit by the example.—*Iowa S. B. H. Bulletin.*

ALABAMA was selected by both the United States Census Superintendent and a noted statistician of Baltimore, as being the Southern State having the best and most reliable vital statistics. Quite a compliment. The Alabama Medical Association is the State Board of Health, and each member is therefore personally interested in its success, and contributes thereto by promptly and regularly making vital statistic reports.

A Sad Result.

In the February number of the *Bulletin* we referred to the origin of the small pox cases in Cass County near Cumberland. A German immigrant coming over on the ship *Saale* clandestinely brought with him to Iowa, clothing that he had been ordered, it is said, to destroy because of exposure to small pox. He was taken into the home of a German farmer and befriended. His bundle of clothing was opened and five of the family were smitten down with a most virulent form of small pox, and we presume that he had been protected by vaccination, since there is no evidence of his having suffered in his own person from the disease. It would seem that avarice alone, and indisposition to destroy his clothing caused these deaths.

We must however divide the blame. The parties exposed and contracting the disease were also largely to blame for not in early life having been vaccinated. Proper vaccination would most probably have prevented a single case of disease in that family. Even if it should have occurred, it would have been in the form of varioloid—so mild as not to be dangerous, except to those exposed outside of the family who had not been previously vaccinated. We wish to state in this connection, a fact so often over-looked, that unvaccinated persons exposed to the mildest case of varioloid may take small pox in the confluent or most virulent form.

In small pox isolation and disinfection are very important—but nothing in comparison with vaccination.—Iowa S. B. H. Bulletin.

Notelets.

BISHOP WHITTAKER has commended for use in private and public, a prayer for deliverance from the danger of Cholera.—*St. Andrews Cross.*

TWENTY-FIVE cents per copy will be paid for the First Annual Report, in good condition. Our supply is exhausted and we continue to have applications.

WE venture to predict that the mortality in Chicago will be at least twenty-five per cent. more per thousand of the population between May 1st, 1893, and January 1st, 1894, than ever before in the history of the City in any one year; and that the increase will be largely among non-residents.—*Bulletin Iowa Board of Health.*

THE only way one can make any real progress in Public Health is to present it again and again those hygienic truths that should be appreciated by the people. "Precept upon precept, line upon line, here a little, and there a little," must be the guiding motto. This is all-sufficient apology for much of iteration—for throwing on the same subject, first this light, now that.—*Exchange.*

AFTER nearly two years inactivity the Bradford County Board of Health has responded to the repeated calls upon it by this Board, and reorganized. We hope in future to get regular statistical returns and to feel that in case of emergency that portion of the State will be enabled to co-operate with the State Board in the manner prescribed by law. They have reported in pretty good shape the past two months, have adopted the rules and regulations suggested by the State Board and otherwise evinced a spirit of progression. They have yet to do something in the matter of protection against small pox by vaccination.

UNDER a cholera "scare" a great tendency exists of wanting to do too much, and possibly many unnecessary obligations and requirements are laid on the householders which might be avoided, as well as a good deal of unpleasantness. If each village or city would enact plain and comprehensive rules for the guidance of the public under its control, and then firmly enforce the same at all seasons of the year, there would never be an occasion for these "scares" and "impulsive desires" to do something for their condition, but they would always be ready to meet any emergency of the kind, and much suffering would be avoided by a well-directed effort on the part of the people.—*Exchange.*

IN the hope of increasing the number of physicians who report and to facilitate the work of the County Boards and to make their returns more complete, the State Health Officer has requested that the Secretaries of County Boards send him each month the names of those physicians who fail to render proper vital statistic reports. In this way we have communicated with many medicos throughout the State and have, we believe, secured the co-operation of some eighty or ninety physicians who had previously given this matter not the slightest attention. It entails much additional labor but if the Secretary of the State Board of Health, succeeds in inducing the doctors of the State to consider the matter and finally to make reports, he is more than repaid.

Causes of Deaths During March.

Mortality Reports of the Twenty-nine Counties and Two Cities of the State of Florida, below enumerated, during March, 1898, classified by Diseases.

DISEASES.	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEE	LEON	LEVY	LIBERTY	MANATEE	MARION	MONROE CITY OF KEY WEST	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	SANTA ROSA	ST. JOHNS	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL		
Abscess (not stated)	1	.	1	
Angina Pectoris	1	1	.	2	
Apoplexy	1	1	2		
Asphyxia	1		
Asthma	1	2		
Bowels, Congestion of	1	1	2		
Bright's Disease	1	2	.	1	.	.	.	1	.	.	5		
Burns	1	1	1	3		
Cancer (Face)	1	1			
Cancer (Stomach)	1	.	1	.	.	.	1	2			
Cancer (not stated)	2	.	1	1	.	1	3			
Cerebral Concussion ..	1	1			
Cerebral Congestion	1	1			
Child Birth	1	1		
Cholera Infantum	3	.	1	4		
Congestion	1	1		
Consumption	1	3	.	.	.	1	.	.	.	1	1	7	3	2	1	1	2	1	.	2	.	.	8	5	38		
Convulsions	2	1	1	1	.	5	
Croup	1	2		
Defective Vitality	3	.	3
Dentition	1	1		
Diarrhœa	1	.	.	.	2	.	1	1	1	1	1	1	8			
Diphtheria	1	
Dropsy	1	.	1	.	1	1	.	.	1	3	2	11	
Drowned	1	1	.	1	1	.	.	2	.	.	.	1	1	6	

CAUSES OF DEATHS.—CONTINUED.

DISEASES.	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEE	LEON	LEVY	LIBERTY	MANATEE	MARION	MONROE CITY OF KEY WEST	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	SANTA ROSA	ST. JOHNS	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL		
Eclampsia.....																				1														1		
Encephalitis.....																				1														3		
Enteritis.....											1									4												1	1	6		
Enterocolitis.....											2											1												3		
Epilepsy.....																																			3	
Fever (Malarial).....	1										5	1								1	1						1	1						11		
Fever (Typhoid).....																										1	1							1	3	
Fracture (Thigh).....				1																															1	
Gangrene.....																																			1	
Gastritis.....																			1	1													1	1		
General Debility.....									1		1																				1				3	
Heart Disease.....											1										2	1	1			2	1				2		2	1	13	
Hemorrhage (Cerebral).....																																		1	1	
Hemorrhage (Lungs).....																																		1	1	
Hepatitis.....																					1													1	2	
Inanition.....																				5		1												6		
Influenza.....																																			1	
Kidney (Disease of).....																																			1	
Laryngitis.....		1																																	1	
Liver (Disease of).....																																			1	
Lungs (Congestion).....																																			1	
Marasmus.....											1															1								2	1	4
Meningitis.....							1														1		1												2	
Nephritis.....																					1		1											1	4	
Paralysis.....								1																											1	2
Peritonitis.....	1	1																																1		2
Pericarditis.....															1																					1

CAUSES OF DEATHS.—CONCLUDED.

DISEASES.	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LEE	LEON	LEVY	LIBERTY	MANATEE	MARION	MONROE CITY OF KEY WEST	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	SANTA ROSA	ST. JOHNS	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL		
Pertussis.....																														1		1		2		
Pleurisy.....																														1		1		1		
Pneumonia.....	1							1			1							1	1		2					1				1		4	4	17		
Poisoned (Opium)....																											1							1		
Poisoned (Uraemic)...																											1						1	1		
Rheumatism.....																																	1		1	
Senile Decay.....			1					2			1										1									1		1		1		
Septacæmia.....	1																				1								1			2	2	10		
Small Pox.....																																	1		1	
Still Birth.....																			1		5												1		6	
Suicide.....																															1				1	
Syphilis.....	1																														1				2	
Tetanus.....																			1		1						1							1	4	
Trismus Nascentium...																					1						1							2	2	
Tumor (Ovarian).....									1																									1		1
Wounds (Gunshot)...				2																		1									1				4	
Wounds.....																															1				4	
Cause not stated.....	2	1		1		3			1	1				2				1	1	1	1	1	1	1					1			1		0		
Total in each County.	11	3	1	4	0	3	3	6	4	2	2	2	3	2	2	2	0	5	10	42	8	12	2	4	8	10	6	3	3	12	0	44	26	265		

Ages of Decedents.

March, 1893.	White.		Colored.		Total
	M	F	M	F	
Still Born.....					
Under 1 year.....	13	16	15	12	56
Between 1 and 5 y's	7	5	5	3	20
" 5 " 10 "		2	1		3
" 10 " 15 "	3		1	3	7
" 15 " 20 "	4	3	4	1	12
" 20 " 25 "	5	4	4	7	20
" 25 " 30 "	9	3	2	3	17
" 30 " 40 "	12	4	5	5	26
" 40 " 50 "	10	3	4	6	23
" 50 " 60 "	9	9	2	4	24
" 60 " 70 "	7	9	6	2	24
" 70 " 80 "	11	1	4	2	18
" 80 " 90 "	1	1		1	3
" 90 " 100 "		1	1		2
Over 100 years.....					
Not stated.....	4	2	4		10
Total.....	95	63	58	49	265

Summary.

Number of counties reporting.....	29
Number of cities reporting.....	3
Total population of said counties and cities.....	299,937
Number of births reported.....	342
Number of marriages reported.....	308
Number of deaths reported.....	265
Birth rate per 1,000 per annum.....	13.68
Death rate per 1,000 per annum.....	10.60
Average age of this month's decedents.....	31.38
Number of deaths under 5 years of age.....	76
Number of deaths over 70 years of age.....	23
Number of deaths by violence.....	12
Number of premature and still births.....	9

Diagram of Diseases Causing Heaviest Mortality.

Consumption.....	38
Pneumonia.....	17
Heart Disease.....	13
Fever (Malarial).....	11
Dropsy.....	11
Diarrhœa.....	8

Meteorological Summary.

(Observations at Jacksonville Station.)

Mean temperature for Mar. for 22 years.....	62.0°
Mean temperature during Mar. 1893.....	61.0°
Highest temperature, on the 23d.....	84.0°
Lowest temperature, on the 5th.....	28.0°
Prevailing direction of wind—North-west.	

Florida versus California.

The mean yearly temperature at Jacksonville Fla., north latitude 30° 19', is 69°. Mean summer temperature 82°; mean winter temperature 59°. Fifty-three inches of rain fall yearly.

The mean yearly temperature at San Francisco, Cal., north latitude 37° 47', is 55°. Mean summer temperature 57°; mean winter temperature 52°. Twenty inches of rain falls yearly. — *Kand & McNally's Cyclopaedia.*

Reports from Havana.

	Yellow Fever.	New Cases.	Deaths.
Week ending March 23, 1893.....	4		0
Corresponding period of 1892.....	5		0
Week ending March 30, 1893.....	4		1
Corresponding period of 1892.....	4		1
Week ending April 6, 1893.....	10		4
Corresponding period of 1892.....	4		1
Week ending April 13, 1893.....	5		1
Corresponding period of 1892.....	3		1
Week ending April 22, 1893.....	2		0
Corresponding period of 1892.....	12		5
Week ending April 27, 1893.....	8		2
Corresponding period of 1892.....	7		1

SUMMARY—YELLOW FEVER.

August, 1892.....	144	58
September, 1892.....	364	85
October, 1892.....	224	49
November, 1892.....	193	52
December, 1892.....	121	35
January, 1893.....	39	21
February, 1893.....	25	8
March, 1893.....	25	5
April, 1893.....	25	7

FLORIDA HEALTH NOTES

OFFICIAL BULLETIN OF THE STATE BOARD OF HEALTH.

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MAY, 1893.

No. 11.

MEMBERS OF THE STATE BOARD OF HEALTH.

HON. WM. B. HENDERSON, *President*Tampa, Fla.
HON. JAS. P. TALLAFERROJacksonville, Fla.
WARREN E. ANDERSON, M. D.Pensacola, Fla.

JOSEPH Y. PORTER, M. D., *Secretary and Health Officer*,
Key West and Jacksonville, Fla.

Office of the Board, Jacksonville, Florida.

All communications should be addressed to the Secretary of the Board, whose official address is, Jacksonville, Fla.

Suggestions to our City Officials.

The great need for cleanliness, and particularly during the summer months, cannot be too strongly urged upon the authorities of our cities. Filth should not be tolerated at any season, but in the months when frequent and intense heat make decomposition rapid, more than ordinary attention should be paid to sanitary cleansing of both public and private premises. It is not the filth that is ordinarily seen on the streets, the dropping of animals and trash and litter from stores that is productive of disease, for this being untidy and objectionable to sight is frequently removed. It is the filth that accumulates in the alleys and backyards which remains, and, worse, the cesspools, sinks, garbage barrels and neglected excreta buckets that cause trouble, and by fermentation and putrefaction give forth their noxious odors and gases, to which can be attributed the increase of low fevers of the prolonged type such as many of our larger towns are now experiencing.

The products of animal decomposition are particularly inimical to the human being, and invariably those who persist in neglect of attention to warnings of this nature, and do not take steps to keep their premises neat and sweet, pay the penalty for their indifference to sanitary laws by frequent sickness in their families. The aged and the young are the first to suffer, as their systems are less able to withstand any poisonous agent than the adult or middle-aged.

The regulations of the State Board of Health requires cities and towns in the State to have a monthly house-to-house inspection to determine the exact condition of health of each family and the sanitary condition of all premises. If the town officials will pay strict attention to this wise provision of the State Board it will be a matter of very little trouble to correct, and promptly too, any sanitary defects within the town limits. Each head of a family should constitute himself or herself a sanitary inspector over his or her premises, and daily inspect for filth, and have every objectionable thing gathered up, and, if possible, burned. Fire is the best, cheapest and most thorough disinfectant known, and should be oftener used in this connection.

It is surprising to those whose attention has not been hitherto invited to the subject how much in the domestic household of that which is known as waste can be destroyed in the stove and thus sanitariously gotten rid of. The trimmings of meat, bones, potato peelings, scraps of bread and vegetables, egg shells, and even bean soup will all burn in the stove with

no detriment to the grate, and to the great sanitary advantage of the household. We have heard of and have seen a pretty tidily kept front yard, adorned with beautiful and rare plants, and a back premises that would have shamed a Hottentot from the dirty condition of the kitchen area and the piles of rotting filth raked in one corner, a neglected pig-stye and barn, too close for health to the well, probably the only drinking supply for the whole family.

We ask our readers to accept the advice here tendered, and save the health and strength of your families. Look after your privy buildings where the pail system is used and prevent them becoming polluted. See that the pails are frequently emptied, and are clean when returned to the building. Use daily some antiferment and disinfectant in these vessels; the same thing can be done with advantage in the water closets connected with sewers. Never permit your swill and garbage barrel to remain over twenty-four hours without being emptied, thoroughly cleaned and disinfected, and keep every thing and place in and about your home clean and sweet. Think over these hints, it will not consume much of your time to consider them, and may be the means of saving a life.

Report of Legislative Committee.

The following report taken from the *Journal of the Senate* is self explanatory and calls for no comments.

SENATE CHAMBER, }
TALLAHASSEE, FLA., May 25, 1893. }

Hon. W. H. Reynolds, President of the Senate:

SIR—Your joint committee, appointed to visit and examine the quarantine station at Mullet Key, beg leave to submit the following report:

We took passage from Port Tampa on board the patrol steamer *Missoe*, accompanied by Dr. J. Y. Porter, State Health Officer, and Hon. W. B. Henderson, President State Board of Health, and in about two and one-half hours, landed at the station, which is located about twenty-one (21) miles southwest of the port, on the island of Mullet Key. The island

is a government reservation and owned by the United States, is about ten miles in circumference, and is an excellent location for the station. The building is situated out several hundred feet from land, where deep water can be had for the large boats to come up. It is well made and strongly braced, and is surrounded by sufficient wharves, with a gangway to the land. The force employed there consists of six men, besides the efficient sanitary inspector, Dr. D. M. Echemendia, who is a Cuban, and having had several years experience in the management of sanitary affairs and contagious diseases renders him a valuable man in that position. The employes are all acclimated, which is a requirement, as no others are employed. These all have rooms in the station building. All the necessary paraphernalia for fumigating and disinfecting are located in the building also.

Wearing apparel, bedding, etc., are disinfected in a large steam cylinder which is heated to a degree of 230°, the heat of which kills all the germs of disease, and the most delicate articles come out without the least injury. Other articles are fumigated with sulphur in a room almost air tight. Pipes are also arranged so that vessels are thoroughly washed out with a solution of proper disinfectants and then fumed with sulphur. An engine and boiler are made necessary for the proper use of the above. The machinery and apparatus were put in motion that the committee could see its practical workings, which was done in a satisfactory manner. Everything about the building is neat and clean and the business is carried on in a satisfactory and systematic way. Records are kept showing name of vessel, number of men on board, where from, amount charged, etc. A building with some six to eight rooms is now in course of construction, out on the dry land, about half a mile from the station, to be used as a hospital in case of sickness.

As per Dr. Porter's last report, the cost of maintaining this station for the year ending May 2, 1892, was \$3,961.03. Received for fees, \$3,642.50. It is thought

that the cost of maintaining this station will be fully met very soon by fees collected. If all the stations on our coast were under the immediate control of the State Health Officer, as they should be, the plant would be self-sustaining now.

The station is in operation each year from May 1st to November 15th, during which time every vessel passing in from foreign or suspicious ports is inspected. We find that the steamer *Missoe* was purchased at a cost of \$5,000, and that an additional \$5,000 was expended on it for repairs, making it suitable for the purpose for which it is used. From experienced men we learn that her value now is at least \$20,000, which shows that she was purchased at a bargain. From the best information we could gather, we think this boat almost indispensable in the quarantine service for the following reasons:

The principal danger points to be guarded in summer are Key West, Punta Gorda, Port Tampa, Pensacola and Apalachicola. If the Health Officer is at either one of these ports and a vessel with an epidemic arrives at one of the other ports, it is necessary that he should have a vessel at his command to go at once to the threatened point. During summer there are but two steamers per week between Key West and Tampa, and none between either of the other ports. The delay which would be caused if the State Health Officer had no steamer at his command might allow yellow fever or other epidemic diseases to enter one of our ports and spread devastation and death over our State. Should a vessel with yellow fever or other epidemic disease on board arrive at any of these ports a steamer is necessary to keep up communication with other ports, for if any mode of transportation be adopted other than by a vessel owned by the health authorities, and duly disinfected, it would be the means of spreading the disease instead of checking it. It may cost something to maintain this steamer and the health organization of the State, but when the life and health of the people of Florida are concerned, we cannot count the cost, nor can we weigh the benefits in scales held in parsimonious hands.

We therefore desire to encourage the hearty and generous support of the people of the State in properly maintaining the health authorities. The recent Congressional Committee which visited Mullet Key pronounced the station one of the most complete and efficient in the United States. We also visited the office of the Secretary and Health Officer in Jacksonville, and found the same a model of neatness and system. In conclusion, we feel free to say that, with the present efficient State Board and the indefatigable and energetic Dr. J. Y. Porter as State Health Officer, we have little to fear and much to hope for.

Respectfully submitted.

A. W. McLERAN,

Committee on part of the Senate.

A. S. GOODBREAD,

C. L. WILDER,

Com. on part of the House of Representatives.

Problems.

To the "Notes."

If any measure could be taken of the value of the virtues and intelligence of a people, certainly the appraisalment would be in figures beyond those expressive of money, for never has the money value of the virtues and of intelligence been considered, because they are qualities priceless and beyond appraisalment. When we reflect, however, that these qualities depend upon the highest order of health for their development, and that to the State they are as inestimable as to the individual, the question of State guardianship of the virtues and of intelligence becomes too plain to be questioned. The State, after all, is only the larger family in our system of government, occupying a paternal relation in so far as the people have established the same for the common good.

An unhealthy condition prevailing among communities is calculated to produce a sickly state of the mind, lowering the general tone, a slight degree it may be in each individual, yet the lowered physical tone tends to lower the mental and moral forces generally, and results, perhaps, in a serious perversion of views; and starting because the parent of epidemics of

mania, as suicide for instance. These mental and moral disturbances seem unaccountable, but they are the fruit of unsanitary conditions, the mind induced to diseased action by diseased physique, bred of bad air, water, food, etc.; i. e. bad sanitary conditions. Cleaning the closets then has something to do with mental and moral purity. A very little depression of the better sentiments in a community tells like an incubus upon all. The effect of ill-health upon the mind, though variable, is always detrimental; and depreciative effects can only be surmised, being beyond estimate except in the case of entire or very great impairment.

Sanitary measures deal with the public health as an unknown quantity. Physicians' reports of cases actually treated often give but a faint idea of the extent of ailment, how general, etc., for much sickness may be so distributed as not to alarm the medical man, while entirely escaping general notice, and it is in this state of affairs that we are liable to surprises of epidemics. Hygiene and sanitation do not wait for surprises, but operate to prevent them, and the mental perception of a people must be awakened to this fact ere their hearty support of measures for health protection can be confidently relied upon. It is true that the State ought not to put out a dollar for disease prevention that does not net returns a measureless fold, yet immediate comparisons are not possible, because the subject is a field beyond interest, discounts and premiums, while grave, dignified, cold statistics constitute the sure index finger of time pointing the eventual, unfailing lesson of benefits derived. To-day, to-morrow are too near us for any ripe, full conception of the value of health-preservative measures. As the keel of the ship leaves its lines of cleavage for a while in the disturbed waters to soon disappear, the mariner looks not upon the waters, but relies upon his heavenly observations to tell just where he is, and he looks back over the course he has voyaged aided by the most scientific means at his command; so too the sanitarian gathers his statistics not from the fears and fateful facts or optimism of the

day, but with the data time provides he notes the progress made and computes results invaluable to mankind.

Who can approximate the value of the calm that gives assurance of safety? or of the cost of an alarm that scents danger? Who can estimate with accuracy the value of the applied industrial effort, except as contrasted with the damage of the broken purpose, the disheartened effort, the half despairing plan, or the utterly abandoned undertaking? So long as mind controls matter, the State, that is, the organization of the people, for the people, will control the health interests of the people in a general way, and the people who once jealously viewed this as an assumption, will finally yield to science its demands in the public behalf; whereupon the State Board of Health will become as solid in the public esteem as the rock of self government upon which it is established.

HORATIO CRAIN,

Key West, Fla.

City Cemeteries.

To the "Notes:"

The subject which I have thought proper to consider on this occasion is of great importance to us from a sanitary standpoint.

I have every reason to believe that the cemeteries located in and near our cities are a menace to the health of our people and should no longer be permitted. In the first place we have water as a source from which many diseases can be produced, and where it is obtained near to cemeteries the danger is necessarily great, as the germs of diseases from which persons die pass into this water and are thus taken into the system. It is said that Philadelphia has the highest death rate from typhoid fever of any city in the world, and this is attributed to the Schuylkill River, from which it obtains its water supply, said river being impregnated with germs, not only from sewers but from cemeteries which are located in close proximity to it.

Again the atmosphere is a medium by which disease can be transmitted. In the

Annual of Universal Medical Sciences, 1889, Gilbert speaks of an extensive epidemic of typhoid fever in Havre, in 1887, due to emanations from the soil transmitted by means of the atmosphere, and Yersin also ascribes an epidemic at Meringen, to the same cause.

In the *Fifth Annual Report of the State Board of Health of New York* it is stated "that the complete decay of bodies varies in different soils from five or six years to even twenty-five or thirty years. In clayey tenacious soils the longer period is frequently reached. In the most favorable soil little except the bones are left after twelve years. The porosity of the soil and the free circulation of air therein hasten the resolution of animal matter into its elements. But this very character of soil allows the freest passage of the gases of decomposition through its interstices and where interments have been crowded the ground becomes saturated with putrescent matter which cannot be fully oxidized for many years, even after the apparent destruction of the corpse."

"The effect of emanations from burying grounds in small quantities cause general depression of vitality and greater susceptibility to other causes of disease; if long continued enteric (typhoid) fever may arise or a typhoid type be impressed upon other fevers. The greatest danger in these respects has been noticed in exhumations from old cemeteries. Instances of this abound through sanitary literature. Dr. Edwin Chadwick stated that 'in-as-much as there appear to be no cases in which the emanations from human remains in an advanced stage of decomposition are not of a deleterious nature, so there is no case in which the liability to danger should be incurred either by interment or entombment in vaults, which is the most dangerous, amidst the dwellings of the living, it being established as a general conclusion in respect to the physical circumstances of interment, from which no adequate grounds of exemption have been established, that all interments in towns where bodies decompose contribute to the mass of atmospheric impurity which is injurious to the public health.'"

Thus it will be seen that defiled water and air from a filth-saturated soil constitute the media of conveyance for the infection of many diseases. It is scarcely necessary for me to remind you that we have in many of the towns and villages in Florida the character of soil that I have described and which is sending forth through the water and air millions of bacteria which are every year adding to our mortuary lists.

I would therefore urge every physician in our State, and especially those connected with our health departments, to do all in their power toward discontinuing the further use of those cemeteries located near our cities or even near to water supplies, and that in a matter of such great importance we will waive that sentiment which naturally will assert itself in a subject of so delicate a nature, and against which you may expect to find strong opposition, and deal practically with it. We, as the custodians of the health of those entrusted to us, must do our duty, however trying it may be. In discharging this duty we have done all that can be expected of us.

CHARLES J. BURROUGHS, M. D.,
Health Officer, Jacksonville, Fla.

An Act

CONCERNING COUNTY BOARDS OF HEALTH,
AND TO PROVIDE FOR THE DISPOSITION
OF FUNDS AND EFFECTS IN THE
POSSESSION OF COUNTY
BOARDS OF HEALTH.

Be it Enacted by the Legislature of the State of Florida:

SECTION 1. That Section 786 of the Revised Statutes of the State of Florida, be and the same is hereby amended so as to read as follows:

786. *Appointment of Board*—The Governor shall appoint at the request of the County Commissioners of said County, by and with the advice and consent of the Senate, for each County of the State of Florida in which is situated a port into which have come during the year from May 1, 1892 to May 1, 1893, from foreign ports, one hundred sailing vessels of two hundred tons burden and upward, according to the record of the United States Custom House at or nearest the port situated in the County for which such appointments are

made, a Board of Health, consisting of three discreet persons; *Provided*, that the County Board of Health now established in any County coming under the provisions of this section shall remain so established and the members of such County Board of Health now holding commissions shall be and continue members of such Board until the expiration of their commissions and until their successors are appointed and qualified.

SEC. 2. That Section 791 of the Revised Statutes of the State of Florida be amended so as to read as follows:

791. *President and Secretary*—Every such Board of Health shall annually elect from its members a President and Secretary, who shall constitute the Executive Committee of said Board, the Secretary shall also act as Treasurer, and may receive for his services such additional compensation, not exceeding seventy-five dollars per month, to the per diem allowance, and give such bond for the faithful discharge of his duties, to the Board, as the Board may deem proper; *Provided*, That such additional compensation, not exceeding one hundred dollars per month, may be paid to the President of said Boards, as may meet with approval of the State Board of Health, to be paid out of any other funds than those raised by taxation.

SEC. 3. That section 792 of the Revised Statutes of the State of Florida be amended so as to read as follows:

792. *Powers to abate Nuisances, Appoint Inspectors, &c*—Every Board of Health thus created shall have full power to abate nuisances prejudicial to the public health, to appoint and suitably compensate Health Inspectors and Port Sanitary Inspectors, and such other officers and agents as they may find necessary, including an Attorney for the Board, to be paid a salary not exceeding thirty dollars per month; who shall be removable at the pleasure of the Board; *Provided*, That the appointment of all Port Sanitary Inspectors must be approved of by the State Board of Health, before said Inspectors enter upon the duties of their office.

SEC. 4. That section 795 of the Revised Statutes of the State of Florida be amended so as to read as follows:

795. *Rules of County Boards*—Every County Board of Health thus created, may adopt such rules and regulations as may be needful for the preservation of the public health of the County, and for the surveillance, inspection and disinfection of vessels, baggage or cargoes, and the collection of fees for such services, and which shall not be in conflict with the rules and regulations of the State Board of Health, or the law establishing said State Board

of Health; and any person or any officer of any chartered city or town, or any corporation who shall violate any such rule or regulation after the same shall have been published ten days in some newspaper printed in the County, shall be guilty of a misdemeanor, and upon conviction shall be fined in a sum not to exceed one hundred dollars, or by imprisonment in the County Jail not to exceed six months; *Provided*, That before any rules and regulations of such County Boards of Health are enforced, they must be formerly approved by the State Board of Health.

SEC. 5. That section 796 of the Revised Statutes of the State of Florida be amended so as to read as follows:

796. *Fees for Disinfecting Vessels*—The fees originating from the disinfection and fumigation, and the proceeds of ballast fees, shall be turned over to the County Board of Health to be used by them solely for the strict and proper maintenance of their quarantine regulations; *Provided*, That each of the said County Boards of Health, shall, on or before the first day of November in each and every year hereafter, make to the State Board of Health a full and exact statement of its financial receipts and disbursements for the preceding year, including a specification of all amounts received for fumigation, inspection, ballast discharge and other quarantine service rendered by said Board, and all sums by said Board expended, and the person or persons to whom, and the purposes for which the same were paid.

SEC. 6. That all funds in the possession of any County Boards of Health abolished by the provisions of this act, which were derived from taxation, shall be turned into the General Revenue Fund of the respective Counties from which said funds were collected, and all funds and effects in the possession of said County Boards, derived from quarantine fees, shall be turned over to the State Board of Health.

SEC. 7. That Chapter 4041, of the Laws of Florida, being an Act entitled: "An Act to amend sections four (4), six (6), seven (7), and ten (10) of an Act to amend an Act to provide for the appointment of County Boards of Health in and for the several Counties in the State of Florida, and to define their powers," approved June 10, 1891, and section 798 and 800 of the Revised Statutes of the State of Florida, and all other laws and parts of laws, in conflict with the provisions of this Act, be and the same are hereby repealed.

[The above Act abolishing all County Boards of Health except those of Escambia and Franklin Counties goes into effect sixty days after approval by the Governor, or about August 1st].

Co-operation.

For the "Notes."

I see that Senate Bill No. 63 proposes to abolish County Boards of Health, but is so amended that if passed will defeat the object sought. It is said that "Nothing succeeds like success." The fundamental principle of success, taken in its literal definition, is organization. Nothing can be successfully managed without organization. With a State Board of Health organized and equipped, such as we have at present, and with County Boards subservient and under the control of the State Board, their organization, composed of prudent and economical men, certainly can be more efficient than if the State Board should appoint County Health Officers.

It is a mistaken idea to suppose that health officers appointed annually can be as proficient in the work of sanitation, collecting of vital statistics, and in other matters pertaining to duties of Health Boards, as a County Board which meets monthly or oftener if necessary, with a record of its work and proceedings, which record serves as a guide to succeeding Boards.

It is not very probable that a County Health Officer will be able to inspire that degree of confidence in the people of his County that is reposed in a County Board of Health, and without this confidence he will be unable to enforce the rules and regulations of the State Board.

A County Board of Health can and should attend to all rules and laws emanating from the State Board at an annual cost to the County of three to five hundred dollars. No efficient, reliable health officer can be employed to do the work for less than fifty or seventy-five dollars per month or from six to seven hundred and fifty dollars per annum. It is urged that interior counties do not need either Health Boards or Officers. This is debatable. The sanitary measures and collecting of vital statistics is just as important in the interior counties as at the sea port.

When there is no epidemic prevailing sanitation and vital statistics comprise about all of the work of any of the Boards.

Should an epidemic invade our State, the State Board, in the absence of organized County Boards, will be forced to appoint Health Officers of men, who, however intelligent they may be in a general way, are raw recruits wholly incapable of comprehending and executing the duties required of them to protect the health and commerce of the County and State.

It occurs to me that a better plan than the present law or that proposed by Senate Bill No. 63, would be to have the County Boards appointed by the State Board, and a monthly report of all proceedings and expenses be required to be made in duplicate, one copy to be sent to the State Board of Health, and the other copy to the Board of County Commissioners. By this plan the State Board will be in a better position to enforce its rules, and the several counties will be informed of the work and expenses pertaining to the Board of Health.

RUSSELL H. DEAN, M. D.

Jacksonville, Fla., May 24, 1893.

Annual Meeting.

Pursuant with Section 774 of the Revised Statutes of Florida, the State Board of Health assembled in annual session at the office of the Board at Jacksonville, Monday, May 1st, 1893.

The usual business before the Board at the annual meeting is the consideration of the annual reports of the President and State Health Officer, but as this was anticipated at the March meeting in order to get them to the Governor before the assembling of the Legislature, the only matters demanding attention were the reorganization of the Board (the members of the old Board having been re-appointed by the Governor), the election of a State Health Officer and the consideration of any changes in the Rules and Regulations.

The Board formally re-organized by electing Hon. W. B. Henderson, of Tampa, President, and Dr. Joseph Y. Porter, of Key West, Secretary and State Health Officer.

The Maritime Quarantine Rules and Regulations of the United States, recently promulgated by the Treasury Department, under authority of Act of Congress,

approved Februrary 15th, 1893, were submitted by the Secretary who stated that he had carefully examined them, and that although they did not materially differ from the Rules and Regulations of the State Board of Health of Florida, yet he thought a legal comparison was necessary in order to harmonize any differences by a modification of the Rules of the Board. After a casual comparison the Secretary was instructed to refer the two sets of rules to the Attorneys of the Board, with the request that they examine them and suggest any necessary changes.

The Board considered the cost of maintenance of the employes at the quarantine stations of the State and fixed a rate of fifty cents as the maximum per diem per capita allowance for the sustenance of the attaches of the Board employed at the quarantine stations and on the quarantine patrol steamer *Missoe*.

The resignation of Dr. S. B. Clark, Port Sanitary Inspector at Boca Grande Pass, Boarding Station, Charlotte Harbor, was accepted and the Secretary instructed to engage another physician in his stead.

The improvement of the facilities for discharging ballast at the Mullet Key Quarantine Station was considered, and the State Health Officer was authorized to procure suitable ballast logs or otherwise to provide better accommodations.

The appointments of Dr. R. C. White to be Port Sanitary Inspector at Pensacola, and Dr. Geo. Macauley to fill a like office at Mayport, Duval County, were approved.

The State Health Officer reported as to the urgent demand for an inspection station at Anclote Keys, Hillsborough County, citing cases of the discovery, by the quarantine patrol boat *Missoe*, of Spanish smuggling smacks in communication with the shore. The State Health Officer was authorized to make provision similar to the establishment now at Sarasota Pass.

After the transaction of various matters of routine the Board adjourned subject to the call of the President.

HEALTH officials who are not already supplied are requested to apply at once for a copy of the "Cipher Code" formulated by the State Board of Health, for the transmission of telegraphic information respecting communicable diseases.

Personal.

At the request of Passed-Assistant Surgeon H. D. Geddings, of the U. S. Marine Hospital Service, a correction is made of the cause of death of the captain of the brig *Caspian* at the Dry Tortugas Quarantine Station in July of last year, on which yellow fever developed after her arrival at the station. The fourth annual report of the State Health Officer of Florida stated that the surgeon in charge of the station reported the cause of death of the captain as *heart failure*, and Dr. Geddings objects to this statement as reflecting upon his professional qualifications and official standing. He encloses a copy of a telegram to the chief of his service in which the cause of death is given as *heart disease*. The State Health Officer disclaims most positively any desire or intention to reflect unkindly or unjustly upon the distinguished officer in charge of the station at that time, but he certainly understood at the date of his visit to the Tortugas Station the doctor to say that the captain of the *Caspian* died of heart failure, the result of a prolonged debauch and abstinence from food, and that an autopsy failed to reveal any of the characteristics of yellow fever, but did show an aortic lesion. Under the circumstances it was thought that the diagnosis of heart failure was not only proper and correct, but a very charitable mantle of the captain's foibles.

The Health Officer of Florida nor this paper will never knowingly misquote any one or intentionally reflect unkindly, and therefore most cheerfully and willingly, as Dr. Geddings wishes, changes the statement of the cause of death of the captain of the *Caspian* from *heart failure* to *heart disease*.

It is incumbent upon County health officials to see that all physicians, sextons, undertakers, and the public generally are informed as to the requirements of the State Board of Health regarding "The Disinterment and Transportation of the Dead." Much less inconvenience would be occasioned if these things were borne in mind.

Causes of Deaths During April.

Mortality Reports of the Twenty-eight Counties and Three Cities of the State of Florida, below enumerated, during April, 1893, classified by Diseases.

DISEASES.	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LAFAYETTE	LEE	LEON	LEVY	LIBERTY	MANATEE	MARION	MONROE CITY OF KEY WEST	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	SANTA ROSA	ST. JOHNS	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL
Appendicitis		1																																	1
Apoplexy	1							1			1												1			1									5
Asthma																																		1	1
Ataxia Loco.....																																			
Blood Poisoning...															1						1														
Bowels, Congest. of																													1						
Bowels, Inflama. of	1																			1			1												
Brights Disease....																					2										2				
Bronchitis	1																																5	1	
Burns					1			1																1											
Cancer (not stated).											1																								
Cerebral Concussion																	1																	1	
Cerebral Congestion											1												1												
Cerebral Softening.											1																		1						
Child Birth.....									1										1											1					
Cholera Infantum..									1		1										9														
Cholera Morbus....																				1															
Chorea																																		1	
Colic.....																					1														
Congestion	1																									1									
Consumption	1		1					1			5										10		2		1		1				1		7	3	
Convulsions	1							1			1															1									
Cystitis																					1													1	
Defective Vitality..																																			1
Dentition																																			1

CAUSES OF DEATHS.—CONTINUED.

DISEASES.	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LAFAYETTE	LEE	LEON	LEVY	LIBERTY	MANATEE	MARION	MONROE CITY OF KEY WEST	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	SANTA ROSA	ST. JOHNS	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL	
Diarrhoea	1									1	3		2								2			1											10	
Diabetes	1																																		1	
Dropsy								1			1							1							1										6	
Drowned				1																															1	
Eclampsia																										3									5	
Eczema.....	1																																		1	
Encephalitis																																			1	
Entero Colitis.....				1				1												1		2												2		
Erysipelas																																			5	
Fever (Malarial)											1	1	1	1			1			2	3		1		1	1									13	
Fever (Puerperal)																				1	1					1								3		
Fever (Typhoid).....										1	1																								5	
Fracture (of Skull)																												1								2
Fracture (of Spine)																																				1
Gastritis																																1				1
Gastro Enteritis.....																																		2	1	3
Heart Disease.....		1															1					3		1		1	1							1		2
Hemorrhage (Puer.)				1																														2		9
Hepatatis																																				2
Inanition																																				1
Influenza																					3														4	
Insanity																												1								1
Liver (Cirrhosis of)																					1														1	
Lungs (Congestion)	1			1																	1			1		1									4	
Marasmus											1										1														5	
Measles								1																											3	5
Meningitis	1										1					1					1														1	

CAUSES OF DEATHS.—CONCLUDED.

DISEASES.	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LAFAYETTE	LEE	LEON	LEVY	LIBERTY	MANATEE	MARION	MONROE CITY OF KEY WEST	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	SANTA ROSA	ST. JOHNS	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL		
Nephritis																																		2	2		
Paralysis	1	1						1													1					1							4	11			
Peritonitis		1																																1	3		
Pertussis																																			1	3	
Placenta Prævia..												1																	2					1	1		
Pneumonia								1	1	1	1			1								3		1								1		1	2		
Poisoned (Potash)...																												1						1	1		
Poisoned (Uraemic)																																		2	2		
Premature Birth...																								1											1		
Rachitis																					1														1		
Rheumatism																					1														1		
Senile Decay											1					1											1								1	5	
Still Birth	2											1			1						3	3			1									1	12		
Suicide															1																				1	2	
Tetanus											1																1									2	
Trismus Nascenti'm								1														2					2								1	9	
Wounds (R.R. Cars)								1																										1	3		
Wounds (Gunshot)...			1					1				1		1																					1	4	
Wounds(Not stated)																																				1	1
Cause not stated...	1										1									1	1		1	1											1	7	
Total in each County	15	4	2	4	1	*	*	12	3	3	23	4	3	3	3	4	3	1	2	11	53	*	8	6	5	15	3	6	2	3	7	0	46	23	278		

*No Report.

Ages of Decedents.

March, 1893.	White.		Colored.		Total
	M	F	M	F	
Still Born.....					
Under 1 year.....	25	19	24	11	79
Betw'n 1 and 5 y's	7	7	4	8	26
" 5 " 10 "			1	1	2
" 10 " 15 "			3	1	7
" 15 " 20 "	2	5	4	4	15
" 20 " 25 "	7	9	3	7	26
" 25 " 30 "	7	6	4	4	21
" 30 " 40 "	9	8	6	2	25
" 40 " 50 "	11	7	3	2	23
" 50 " 60 "	6	3	3		12
" 60 " 70 "	6	3	6	2	17
" 70 " 80 "	8	5	2	1	16
" 80 " 90 "	1	3	1	2	7
" 90 " 100 "					
Over 100 years.....					
Not stated.....			1	1	2
Total.....	89	79	62	48	278

Summary.

Number of counties reporting.....	28
Number of cities reporting.....	3
Total population of said counties and cities.....	281,036
Number of births reported.....	268
Number of marriages reported.....	239
Number of deaths reported.....	278
Birth rate per 1,000 per annum	11.45
Death rate per 1,000 per annum	11.88
Average age of this month's decedents.....	25.69
Number of deaths under 5 years of age	105
Number of deaths over 70 years of age	23
Number of deaths by violence.....	20
Number of premature and still births.	13

Diagram of Diseases Causing Heaviest Mortality.

Consumption.....	33
Pneumonia.....	14
Fever (Malarial).....	13
Cholera Infantum.....	11
Diarrhoea.....	10

Meteorological Summary.

(Observations at Jacksonville Station.)

Mean temperature for Apr. for 22 years	69.0°
Mean temperature during Apr. 1893.	73.0°
Highest temperature, on the 28th.....	90.0°
Lowest temperature, on the 21st.....	53.0°
Prevailing direction of wind—South-east.	

Reports from Havana.

	Yellow Fever.	New Cases.	Deaths.
Week ending May 4, 1893.....	10		4
Corresponding period of 1892.....	7		1
Week ending May 11, 1893.....	13		2
Corresponding period of 1892.....	5		1
Week ending May 18, 1893.....	14		5
Corresponding period of 1892.....	6		0
Week ending May 25, 1893.....	*23		*8
Corresponding period of 1892.....	9		3

*It is proper to state that all the deaths and most of the cases of yellow fever during this week occurred in the Military Hospital among members of the army and navy.

SUMMARY—YELLOW FEVER.

August, 1892.....	144	58
September, 1892.....	364	85
October, 1892.....	224	49
November, 1892.....	193	52
December, 1892.....	121	35
January, 1893.....	39	21
February, 1893.....	25	8
March, 1893.....	25	5
April, 1893.....	25	7
May, 1893.....	60	19

Cholera, Yellow Fever and Small-pox.

Deaths in foreign countries for three months ending May 12, 1893. Compiled from reports of U. S. Marine Hospital Service.

	Cholera.	Yellow-Fever.	Small-pox.
Havana.....		20	
Odessa.....			16
Para.....		22	
Pernambuco.....		7	
Vera Cruz.....		28	
Trieste.....			13
Warsaw.....			45
Vienna.....			18
Antwerp.....			78
Brussels.....			5
Calcutta.....	98		
Cienfuegos.....		1	
Hiogo.....			171
Paris.....	1		
Santos.....		130	28

Contagious Diseases.

The Health Department of New York City reports the following cases and deaths for the four weeks ending May 20, 1893.

	Cases.	Deaths.
Typhus Fever.....	55	24
Diphtheria.....	450	135
Small-pox.....	33	9
Typhoid Fever.....	51	26

FLORIDA HEALTH NOTES

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JUNE, 1893.

No. 12.

MEMBERS OF THE STATE BOARD OF HEALTH.

HON. WM. B. HENDERSON, *President* Tampa, Fla.
HON. JAS. P. TALLAFERRO Jacksonville, Fla.
WARREN E. ANDERSON, M. D. Pensacola, Fla.

JOSEPH Y. PORTER, M. D., *Secretary and Health Officer*,
Key West and Jacksonville, Fla.

Office of the Board, Jacksonville, Florida.

All communications should be addressed to the Secretary of the Board, whose official address is, Jacksonville, Fla.

Wanted—Help!

If there has been one thing more than another that the State Board of Health has faithfully tried to accomplish, it has been to interest the Physicians of the State in preventive medicine and in careful compilation of birth and death statistics. The Executive of the Board realized at the very outset that without the moral and substantial working aid of his professional brethren his work would be a tiresome struggle after the desirable, therefore, he commenced early to plead for aid, and to the present has kept up a persistent begging for assistance in educating the people to a proper appreciation of the means given them by a beneficent Creator to preserve their health by providing a land whose genial, balmy climate and tonic pine forests are natural enemies to constitutional and acquired diseases so prevalent in other sections of the country. It is gratifying to state that the appeals which have been made through direct personal efforts and circular letters, though late sometimes in producing results, have nevertheless never

failed to yield something. If only an encouraging word has been given, it has been appreciated, but much more than commendatory phrases have been bestowed as is evidenced from the pages of the *Notes*, in which for several consecutive months the interest in the work of the Board is better shown by the increase in number of communications on popular health topics from prominent members of the medical profession.

Thankful and grateful for favors and kindly assistance in the past, the State Board of Health further desires to levy on the good-will of the medical profession of Florida and to secure its co-operation to relieve it in an embarrassment in which through a series of unfortunate circumstances it now finds itself placed.

To those who followed the Legislature Acts of the session just concluded, particularly on health matters, it will be remembered that the two bills submitted by the State Board of Health for the collection of Vital Statistics failed to become laws; the first through the lack of appreciation of the subject by the Legislature and refusing to enact, the second from the exercise of the veto power by the Executive. It was argued in the fourth annual report of the State Board of Health, and it is thought with convincing proof, that should the recommendations be adopted that the County Boards of Health could be safely dispensed with and thus a saving to the people of one-mill levy for all health purposes be effected.

These measures called for no extra appropriation of funds on the part of the Legislature, nor was it contemplated that

the expense of collecting the birth and death data of the State through the office of the County Judges would be but a nominal sum which could be well met from the one-half mill levy authorized by the Statute for the State Board of Health fund.

The vital statistic bills failed to become laws but the County Boards of Health, with but two exceptions were abolished, a measure the State Board did not wish or recommend, *unless* the method proposed to collect the vital statistics of the State met with favorable endorsement from the Legislature and the Governor, for the reason that although the work was but imperfectly done by these Boards and a number of them made no report of their birth and death rate nor other acts, yet the larger proportion of the Counties having Boards of Health were coaxed after many appeals to respond to this requirement of the State Board. By the abolishment of the system of County Boards the State Board is cut off from even the meagre help it had secured through this source.

As disappointing and embarrassing as the situation promised to be and difficult to manage it was nevertheless hoped that from the full levy of the half-mill for the State Board allowed by the Statute, that a sufficient number of earnest and qualified medical men could be interested and induced to act as County Health Officers and representatives of the State Board at their respective County seats, and could be paid (if only a small salary).

Through their assistance the life wave and health data of the community could be noted, gathered and formulated for tabulation and distribution. Even this last prop of hope seems to fall, by the announcement from Tallahassee that only one-half the statutory allowance (one-quarter mill) has been ordered levied for the support of the State Board, an amount *barely sufficient* to defray the quarantine of the ports now placed under the care of the State Board by the abolition of the County Boards, and the current yearly expenses of the Board, leaving *no surplus* for extraordinary demands or emergencies.

Unless therefore the medical men of the State will come to the assistance of the State Board and voluntarily furnish the number of births and deaths with cause of death occurring in the practice of each, the vital statistic branch of the work of the State Board will have to be suspended if not abandoned. The Board is disinclined to contemplate this latter course as it has spent much time, thought and hard work upon it, because of its importance and has cast about for a plan by which with little trouble and expense it can keep up the work and has decided to submit the following proposition to the medical profession of Florida:

Every licensed physician in the State (and it is presumed no other will attempt to practice) and all midwives will be furnished with postal cards, directed to the State Board of Health having the desired information printed on the back. On the occurrence of a birth or death these cards can be filled out and dropped in the mail, and it is thought that but a fraction of valuable time will be consumed for this purpose and the information conveyed to the State Board will be invaluable for future comparison.

When the State Board of Health finds itself in funds and sufficiently able to pay for this information, there is no doubt but a small fee will be attached to each notification. At present the Board is scarcely able to more than pay in this direction for the printed cards and postage.

We confess to some humiliation in asking a profession already overburdened, by public demands on its time and purse, to add to its labors gratuitously in a work which the State should pay for, but the dilemma presents itself. Shall the attempt be made to keep up the tabulation of vital statistics or shall the effort be abandoned? Which horn shall be seized? We therefore conclude "as we did begin" WANTED—Help.

DR. J. F. CRONIN has been appointed State Port Sanitary Inspector at the Boca Grande Pass Quarantine Station, Charlotte Harbor, vice S. B. Clark, M. D., resigned.

Vital Statistics.

To the "Florida Health Notes."

The organic act, by which the State Board of Health was brought into existence as a State institution, imposed upon the Board as its supreme duty "the preservation of the public health." This implied and demanded not mere officers and officials, but the working machinery, constituted plans, methods, means, to that end. The accepted facts must always be the basis for intelligent action. Estimates, opinions, surmises, guesses, cannot be solidified for the substantial foundation of a structure required by the laws of the State "for the preservation of the public health." Hence the demand for vital statistics as the veritable cornerstone of the structure erected by the State and legally named the State Board of Health.

"The preservation of the public health." How large a contract to take! How few of us as individuals but shrink from the care of the health of the family, how many utterly yield the care of their own health to the physician, and are like children when the ailments common to humanity assail, and how like a child is a sick person anyway, and what a nightmare of weakness hangs about the memory of the convalescent while emerging from the weakness of the sick room into the outer world of returning health!

Then the preservation of the public health is an undertaking much vaster than the physician's undertaking in the rounds of his usual practice. How ill-defined and uncertain the quantity and quality of the danger to the public health in the absence of systematic health and mortality reports. How essential vital statistics to guide! To the Board of Health these statistics are lights in the windows, strength to the walls, breadth to the structure; they are the illuminant, the head-light in the dark of otherwise uncertainty, without vital statistics, guess work.

The State has provided for a record of births and deaths. These are the income and outcome of existence. The difference is in increase or decrease, loss or gain in

population to the State. It is interesting to note how many come into life and go out of it within the State, because the facts have some relation to conditions, and conditions are sought to be understood.

Statistics need to be accurate to be of any great value, but imperfect statistics do not condemn statistics, but the more demand accurate statistics. If statistics disclosed the fact that the deaths exceeded the births in the State an investigation would be desirable. This fact would not condemn the condition, for more accuracy might disclose the fact that the State receives among its incoming population many aged and infirm. They add to the death rate with no compensating birth rate, and the State undoubtedly suffers in credit because of the want of more accurate information. The reports of diseases prevailing are sought for in vital statistics as showing the sick rate, and are very valuable as to conditions that furnish the mortality rate.

We have hopes that in time the vital statistics of the State will be obtained under the direction of the State Board of Health with such general and special accuracy and fullness as shall prove a very clear light to the State Board of Health in the work delegated to them as a duty, viz., "the preservation of the public health."

HORATIO CRAIN,

Key West, Fla.

Cleanliness and Purity.

As evolutionists it is permitted us to look forward to the time when, after an age of temperance, an age of cleanliness and purity, an age of freedom from tobacco, an age of sanitary reform, an age of plain living and high thinking, an age of health, which is holiness, shall have so regenerated man that he will walk the earth one hundred years and more. Then the time will come when he shall seek health by obedience to law, both physical and moral, and we will have entered upon a higher plane of life, and thus will be fulfilled man's true destiny.—Dr. C. H. Shepard, in *Journal of Hygiene*.

Pure Water.

To the "Florida Health Notes."

What more important question can agitate a people than the purity of their water supply? To the physician and to the layman; the old and the young, the rich and the poor, it is of vital importance that the water used for drinking purposes be pure and wholesome.

Nature having intended that pure water only should be drunk, has apparently taken less care to provide means to destroy disease germs introduced through the water we drink than any of the other avenues of entrance into the system.

The majority of deleterious germs taken into the stomach with the food that we eat are destroyed by the gastric or other digestive fluids. The skin and mucous membranes are endowed with the vital property of resisting the entrance of disease germs into the system, but when these germs are in the water we drink, they may be, under certain conditions, taken at once into the circulation and mingling with the blood, "which is the life thereof" attacks the system in its inmost citadel. Let us magnify then the importance of the purity of our water supply and stimulate the profession, and through them the people, to a more careful inspection of this (probably) frequent source of disease. With this end in view I would suggest:

First. That you publish in each issue of the *Health Notes* the formulæ of the excellent though simple and easily applied permanganate of potash test published a few years since in an Annual Report of the State Health Officer, and that the State Board of Health's representative in each County (it is to be hoped that there will be such a representative since the County Boards are done away with) be instructed to apply this test whenever requested by private individuals and to test the water supply at all places of public entertainment—hotels and boarding houses—and when found impure to investigate the source of contamination, and, if not remediable, to direct them to seek another supply of water.

Second. That our State Board of Health make arrangement with our State Chemist or some other competent chemist to make careful analysis (for a reasonable fee) of any sample of water sent him.

Third. That in all cities and towns which have a public system of water-works the State Board of Health require a quantitative analysis to be made of the water, from which analysis the State Health Officer is to decide whether it may with safety be used by the public. Where the analysis shows that the water is unfit for use let the State Health Officer condemn it and if necessary compel the authorities to seek elsewhere for a better supply.

The phosphate deposits, which cover so large a portion of certain sections of our State, are the remains—we are taught—of animal matter. Is not the water percolating through this deposit likely to find enough soluble matter to render it very unwholesome? That this is a fact I think I have clinical demonstration, but more of this another time.

R. A. LANCASTER, M. D.,

Gainesville, Fla.

Mental Disturbance.

The influence of mental states on the general health has long been recognized. A paper read before the London Hospital Medical Society goes into the subject with great particularity, and shows that mental disturbance often causes even organic derangement.

It is admitted that arterial strain, an undue pressure of the blood on the walls of the arteries, tends to produce a fatty degeneration of their inner coat, and thus gives rise to arterial tumors and to cerebral hemorrhage which sometimes causes paralysis, apoplexy and softening of the brain.

Now it is certain both that such tension may result from continued domestic anxiety, and that it is the occasion of many cases of angina pectoris, effecting those cardiac changes to which some of the forms of angina are due.

That mental disturbance gives rise to indigestion is well known. Experiments

show that anger and other emotions arrest the secretion of gastric juice. It is also probable that the peristaltic action of the stomach and bowels is affected by emotions. The extreme constipation of melancholia is believed to be due to the mental state of the patients.

The connection of simple jaundice with sudden mental emotion is generally admitted. Such facts as the following are not uncommon: a young woman becomes yellow at the discovery of her misdeeds; another, on hearing that her fiancé was killed; a young man, on being discharged from office because he had not grown tall enough.

Simple jaundice is often followed by acute yellow atrophy, which is also known to be directly caused by shock. In this form of jaundice there is always disorganization of the liver cells.

Even cancer may have a like origin. Sir James Paget says, "Too often cancer quickly follows deep anxiety, deferred hope, or disappointment." Murchison says substantially the same. Doctor Snow, in the *Lancet* some years ago, asserts his conviction that a great many cases of cancer are due to mental anxiety.

What has been said is certainly enough to emphasize the importance of habitual self-control. One should not make one's trials worse by letting them become the cause of permanent, perhaps fatal, organic derangement.—*Youth's Companion*.

The Way it Works.

As an example of the way the present law for the collection of Vital Statistics works, the following letter, received May 13th, is quoted. The italics are ours:

"Am sorry to have caused you the trouble of returning the report, but was busy and over-looked the signature. *I only send the births that I have had in my own practice.* I can get no report from the other physicians in the County, unless I run after each one every month, and as mine is a non-salaried office it does not pay."

This letter is from the Secretary of the Board of Health of a County having a census population of over eleven thousand citizens.

Remember.

That, "Whenever any physician shall know or apprehend that any person whom he is called to visit, or who is brought to him for examination, is infected with yellow fever, small-pox, cholera, diphtheria, scarlet fever, or any other disease dangerous to the public health, he shall immediately give notice thereof, in the manner provided by the statute, to the President of this Board of Health, and to the health authorities of the city, town or settlement in which the sick person may be; and it shall be the duty of any Health Officer, or person acting as such, or the President of any Board of Health, or Mayor of a city or town, to whom any disease dangerous to the public health is reported, to take such precautions, before the arrival of the State Health Officer, as shall be judged best for the safety of the inhabitants."—*Sec. 10, Rules and Regulations S. B. H.*

That, "Whoever being a licensed or practicing physician fails to report immediately to the President of the State Board of Health by telegram (to be paid out of the funds to be provided for the expenses of the said Board of Health) or in the most expeditious manner, every case of yellow fever, small-pox or cholera that comes within his practice, shall be punished by imprisonment not exceeding six months, or by fine not exceeding one thousand dollars."—*Section 2,677 Revised Statutes of Florida.*

Typhus Fever.

A letter from the City of Mexico to the *New York Medical Times* says: "The sanitarians and physicians here are still combating the typhus fever, which is taking off about three hundred people a month. There is great alarm felt lest the disease may have come to stay, and probably energetic measures will be taken to purify the streets, which are merely elongated cess-pools."—*N. Y. Medical Record, May 20th, 1893.*

"A MAN too busy to take care of his health is like a workman too busy to sharpen his tools."

Such a Little Thing.

The following is culled from a letter from the President of one of the now defunct County Boards of Health, and is quoted to show what a little thing will hinder some people in the fulfillment of duty:

"I have found from personal experience and observation that more births would be reported if you would leave off the following requirements: 'Maiden name of mother, birth-place of parents, age of parents.' When a physician is looking over his books at the end of the month with a view of making his reports he cannot answer these questions *unless he has remembered* to make a note of them at the time of attendance. They put off until tomorrow reporting this or that birth hoping to see some member of the family, perhaps some miles off, from whom he can get these facts, and consequently the report is not sent in."

Note the words we have italicized, "*Unless he has remembered.*" Why should he not have remembered to get that data as well as to remember he had a birth to report? It does seem strange that men professionally trained to exactness should treat the minutæ of these reports as matters of small consequence.

Simple Water Test.

A very good method and simple in its procedure, to ascertain the quality of drinking water, is by the permanganate of potassium test, which chemical loses its purple color in solution through oxidation in the presence of organic matter.

By placing twelve grains of caustic potash and three grains of permanganate of potassium in an ounce of distilled water, a solution is had by which the purity of any given water can be ascertained. If to a glass of water one or two drops of this permanganate solution imparts a decided color the water is drinkable; but if, on the contrary, the solution immediately loses its color and disappears the water should be rejected for drinking purposes as probably dangerous.

Sanitation at Port Tampa.

Under date of May 6th, 1893, the State Health Officer wrote the founder of Port Tampa City, as follows:

"You will please pardon my intrusion upon your private business matters, but I would like to suggest to you the propriety, and, I might strongly add, the necessity of providing a better sanitary condition for the town of which you are the founder, and that this may be done with as little expense and burden upon the present citizenship. I would further suggest that you endeavor to obtain from the Legislature, now in session, a special charter, which will permit the institution of a system of sewerage and sub-soil drainage. This will insure a better condition of health than that which now exists, and, in my opinion, will decidedly lessen the tendency and disposition to low fevers, besides being a more cleanly and more comfortable method of disposing of the domestic wastes."

It is very gratifying to note that the suggestion was favorably received and to chronicle the fact that as the first step towards a better sanitary condition the town has been incorporated. We have no doubt the matter will continue to receive attention until Port Tampa City is numbered with the most progressive towns of the State.

Cremation.

The question of the legislation of cremation has been debated in the German Reichstag. The subject was introduced by Herr Lingens, a member of the Centre, who expressed his regret that the Hamburg Senate had removed the previously existing restrictions as to that method of disposing of the remains of the dead, which he described as repulsive to Christian feeling. The speakers who followed Herr Lingens, however, including representatives of the *Freisinnige* party like Herren Schroder, Goldschmidt, Baumbach and Langerhans, besides the National Liberal Herr Endemann and the Socialist Herr Frohme, argued strongly in favor of cremation, especially during the prevalence of epidemic diseases. Herr Baumbach gave notice that on the debate on the proposed new law for the prevention of epidemics, he would move the adoption of a clause making cremation optional throughout the German Empire. The debate seemed to show that the feeling of the Reichstag generally is in favor of cremation.—*British Medical Journal*.

Causes of Deaths During May.

Mortality Reports of the Twenty-one Counties and Three Cities of the State of Florida, below enumerated, during May, 1893, classified by Diseases.

DISEASES.	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LAFAYETTE	LEE	LEON	LEVY	LIBERTY	MANATEE	MARION	MONROE CITY OF KEY WEST	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	SANTA ROSA	ST. JOHNS	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL	
Apoplexy				1							1												2											1	5	
Appendicitis	1																																	1	1	
Bowels, Congest. of																																		1	1	
Bowels, Inflama. of																																		1	1	
Bowels, Obstruc. of				1																														1	1	
Bright's Disease								1								1				1	2													1	6	
Bronchitis									2		1		1																					1	4	
Burns																																			1	1
Cancer (Breast)					1																		1												1	1
Cancer (Stomach)																																			1	1
Cancer (Uterine) ...	2																																		1	1
Cancer (not stated) ..																																			2	1
Cerebral Congestion ..	1			1													1			1	2						1							1	2	
Child Birth																																		1	7	
Chlorosis																																		1	1	
Cholera Infantum ..									1												1													1	1	
Congestion																				1	6		1										1	3	13	
Consumption				1					1		1								1	2		7		5									8	4	33	
Convulsions											2										2	2	2										2		8	
Defective Vitality ..																					1													1	1	
Dentition																																				1
Diarrhoea	1										3									2		1	1		2								3	1	6	
Dropsy											1											1				2							1		9	
Drowned											2										1			1									1		4	
Encephalitis																																		1		1

CAUSES OF DEATHS.—CONTINUED.

DISEASES.	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LAFAYETTE	LEE	LEON	LEVY	LIBERTY	MANATEE	MARION	MONROE CITY OF KEY WEST	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	SANTA ROSA	ST. JOHNS	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL	
Enteritis	1									1	1																									3
Entero Colitis											1																						1			2
Erysipelas	1																																			1
Fever (Congestive)																																				0
Fever (Malarial)																2						4	1	1									2		10	
Fever (Puerperal)	1																				1														2	
Fever (Septic)																																				
Fever (Typhoid)	1										3													2									1		1	
Fracture (of Skull)																						1											1	1	8	
Gastro Enteritis	1										1																									1
General Debility																																				4
Heart Disease																						1	1									1		1	6	
Hemorrhage (Bow's)				1																																1
Hemorrhage (Lungs)																																				1
Hernia								1	1														1												1	3
Inanition																					2													1	2	5
Lightning																																1				1
Liver (Cirrhosis of)											1																									1
Marasmus													1									6	1											5	13	
Meningitis											2						1					4			1											8
Paralysis									1																									1		2
Peritonitis																						1														1
Pertussis																																1				2
Pleurisy																						1														1
Pneumonia	2			1																1	1													2	7	
Premature Birth																2								1												3
Pyaemia																1																				1

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Florida Health Notes.

June

CAUSES OF DEATHS.—CONCLUDED.

DISEASES.	ALACHUA	BRADFORD	BREVARD	COLUMBIA	DADE	DE SOTO	DUVAL	ESCAMBIA	FRANKLIN	HAMILTON	HILLSBORO	JEFFERSON	LAKE	LAFAYETTE	LEE	LEON	LEVY	LIBERTY	MANATEE	MARION	MONROE	CITY OF KEY WEST	NASSAU	ORANGE	OSCEOLA	POLK	PUTNAM	SANTA ROSA	ST. JOHNS	SUWANNEE	TAYLOR	VOLUSIA	Mullet Key Quar. Station	Jacksonville, City of	Pensacola, City of	TOTAL.	
Rheumatism	1	1
Senile Decay	1	2	2	4
Still Birth	1	3	..	5	1	1	..	2	13	
Tetanus	1	1	1	..	2
Trismus Nascenti'm	1	1	1	3
Tumor (Cerebral)	1	1	
Uræmia	1	1	
Wounds (R.R. Cars)	1	1	
Wounds (Fall)	1	1	
Wounds (Gunshot)	2	1	1	..	4	
Cause not stated ...	1	2	1	4	1	2	1	12	
Total in each County	13	*	*	6	1	*	*	5	6	1	23	*	2	*	*	12	2	*	1	13	57	6	14	5	6	*	1	*	*	1	3	*	43	23	243		

*No Report.

Ages of Decedents.

April, 1893.	White.		Colored.		Total
	M	F	M	F	
Still Born.....					
Under 1 year.....	33	21	20	14	88
Between 1 and 5 y's	7	5	4	6	22
" 5 " 10 "	3	3		1	7
" 10 " 15 "				1	1
" 15 " 20 "	1	2	1	1	5
" 20 " 25 "	4	3	7	7	21
" 25 " 30 "	3	5	8	2	18
" 30 " 40 "	12	3	3	8	26
" 40 " 50 "	7	5	3	2	17
" 50 " 60 "	7	3	3	4	17
" 60 " 70 "	3	4	1		8
" 70 " 80 "	7	2	1	1	11
" 80 " 90 "				2	2
" 90 " 100 "				1	1
Over 100 years.....					
Not stated.....					
Total.....	87	56	50	50	243

Summary.

Number of counties reporting.....	21
Number of cities reporting.....	3
Total population of said counties and cities.....	225,736
Number of births reported.....	226
Number of marriages reported.....	219
Number of deaths reported.....	243
Birth rate per 1,000 per annum.....	12.02
Death rate per 1,000 per annum.....	12.92
Average age of this month's decedents.....	21.97
Number of deaths under 5 years of age.....	110
Number of deaths over 70 years of age.....	22
Number of deaths by violence.....	10
Number of premature and still births.....	16

Diagram of Diseases Causing Heaviest Mortality.

Consumption.....	33
Cholera Infantum.....	13
Fever (Malarial).....	10
Diarrhoea.....	9
Fever (Typhoid).....	8
Meningitis.....	8

Meteorological Summary.

(Observations at Jacksonville Station.)

Mean temperature for May for 22 years.....	75.0°
Mean temperature during May, 1893.....	73.0°
Highest temperature, on the 24th.....	93.0°
Lowest temperature, on the 18th.....	57.0°
Prevailing direction of wind—South-east.	

Reports from Havana.

	Yellow Fever.	New Cases.	Deaths.
Week ending June 1, 1893.....	30	(a)	11
Corresponding period of 1892.....	8		3
Week ending June 8, 1893.....	40	(b)	11
Corresponding period of 1892.....	9		3
Week ending June 15, 1893.....	45	(c)	17
Corresponding period of 1892.....	12		3
Week ending May 24, 1893.....	55	(d)	18
Corresponding period of 1892.....	22		4
Week ending June 29, 1893.....	88	(e)	21
Corresponding period of 1892.....	20		1

(a) Six of these deaths occurred in Military Hospital, among members of the army and navy, and remainder among people in private life.

(b) Five of these occurred in Military Hospital and remainder were private persons.

(c) Three of these deaths occurred in Military Hospital, while the remaining 14 were among individuals in civic hospitals and in different parts of the city.

(d) Three of these were in Military Hospital, while the remaining five-sixths occurred in different insanitary parts of the city.

(e) While three of these deaths in Military Hospital, the remaining 18 occurred among people in private life in various sections of the city.

SUMMARY—YELLOW FEVER.

	New Cases.	Deaths.
August, 1892.....	144	58
September, 1892.....	364	85
October, 1892.....	224	49
November, 1892.....	193	52
December, 1892.....	121	35
January, 1893.....	39	21
February, 1893.....	25	8
March, 1893.....	25	5
April, 1893.....	25	7
May, 1893.....	60	19
June, 1893.....	263	78

A Curious Phenomenon.

The *New York World* in reply to query as to whether it was true that before Cholera or any other epidemic disease appeared in a city it was deserted by all kinds of birds, says that this phenomenon has been noted many times and commented upon. That this common idea was borne out by the facts last Fall when Cholera broke out in Hamburg. Not a bird was to be seen in that City for weeks before the Cholera was declared epidemic.

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